October 2018

Carolina country

Reach New Heights

Our Mountain Issue

Starting on page 8

Published by NC Electric Cooperatives

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Your Touchstone Energy® Cooperative

PERIODICAL

Co-ops host Kenan Fellows
page 6

Prepare for cold weather
pages 36 & 38

Meet the 'smartest 7th grader on Earth'—page 18

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*A perfect symbol of fun in the sun for **only $79***

Here's a memorable beach moment: You're basking in the warm sun, toes in the sand, letting the gentle turn of the foam-capped waves lull you into a state of complete relaxation. As your eyes scan the endless horizon of blue on blue, you're rewarded with a school of dolphins making their way across the sea. There's no denying their signature shape as they leap from the water. If you don't see anything else extraordinary the rest of day, you can take solace knowing you've witnessed one of nature's most playful and intelligent creatures in their natural habitat.

Why not recreate that special toes-in-the-sand moment with our ***Blue Topaz Dolphin Pendant?*** The beloved sea mammal has been captured mid-jump in sterling silver. And, tucked into its fins is a full two carats of shimmering blue topaz.

Nothing captures the shimmering color of the ocean in the midday sun like blue topaz. With its sparkling clear blue color and high refractive index, blue topaz is one of the top-selling blue gemstones. And with our special price, you have quite the catch.

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Limited Reserves. A full two carats of genuine blue topaz set in sterling silver for this price is as rare as a dolphin sighting. We cannot guarantee availability for long. Call today!

Limited to the first 1900 responders to this ad only!

A full two carats of shimmering blue topaz set in sterling silver

To show exquisite details, pendant shown is not exact size.
Chain sold separately.

"Enormously popular, significantly intelligent and scientifically sophisticated, dolphins are amidst the most beloved animals among people."
— Dolphins-World

★★★★★

"This sterling silver dolphin is absolutely beautiful and the blue topaz is like the color of the ocean"
— Vivian, Cabool, MO

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On the Cover

Dozens of hot air balloons take to the sky each October during Carolina BalloonFest, sponsored in part by EnergyUnited Propane. The event is celebrating 45 years, and is just one of the many unique draws to the western part of our state—learn about more starting on page 8. Photo by Tony Colburn.

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Blue Ridge Energy members Ann and John Lisk are taking on horses in need.

CALL FOR SUBMISSIONS:
Carolina Country Scenes
Our annual photo contest has arrived. Send in your best to be considered for our January issue. See page 17 for details.

Working Cooperatively to Ensure a Secure Grid

By Don Bowman

Last year, in a well-publicized attack, Russian hackers tapped into the control systems of American power companies. This spring, the U.S. government acknowledged that the infiltration and probing attempts were sponsored by the Russian state. While alarming cyber threats like this periodically draw headlines, electric cooperatives fight off any number of attacks all day, every day. Co-ops across the nation are working together to shore up defenses against critical infrastructure hacking and data breaches.

Your electric co-op is constantly assessing and improving upon the technologies used to deliver power to homes and businesses. We do this to maintain reliable, affordable and environmentally conscious service to you, the member. We also recognize that improving service through technology can make us vulnerable. If we are not vigilant, co-ops could become victims of cyber intrusions, data theft, lost productivity and, potentially, service disruption.

Like rural Americans did decades ago, co-ops fought for a better quality of life for members who did not have electricity. And now co-ops have banded together for a new type of fight: one for the integrity of our ever-evolving electric grid and security of member data. Regardless of size, co-op efforts include defenses like the implementation of next-generation firewalls and real-time system monitoring to identify threats almost instantaneously. And when a threat is detected, your co-op has technology in place to block it and deflect it.

Co-ops also recognize that human behavior sometimes poses cybersecurity threats. We train our employees on how to identify suspicious emails, links, and attachments. We instruct them on watching out for suspicious individuals entering and exiting their offices. Many co-ops have performed system penetration testing—hiring ethical hacking firms to test how easy (or difficult) it would be to hack into their systems and enter a building and gain physical access to computers and networks.

Of course, the electric grid isn't the only target. As with all companies, hackers also seek to steal customer data, usually with the intent of selling it to other criminals. As part of our daily security efforts, co-ops adhere to national security compliance rules to protect credit card data. We maintain and back-up customer data on secure servers. Other barriers like two-factor logins or overly complex passwords also help thwart this kind of data theft. Co-ops take their role as stewards of your personal information seriously.

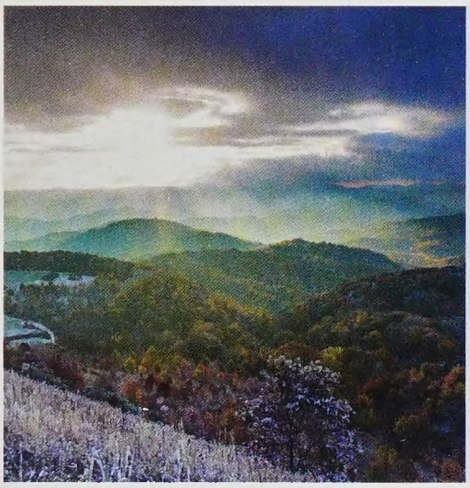
> Just like safety, cybersecurity is an integral part of our corporate culture, an ongoing effort that informs everything we do.

Cooperation among co-ops is part of our DNA. There are more than 900 co-ops across the nation, and we share cyber threat and defense information—both within our network and through a partnership with federal intelligence agencies. We pool our resources to share in protecting the grid. And just as co-ops do when a hurricane or flood decimates poles and wires, co-ops can call on other co-ops to assist in recovery efforts.

Cybersecurity efforts do not originate from any one person or department within the co-op. Our board of directors and employees view cybersecurity as a priority across the organization. Just like safety, cybersecurity is an integral part of our corporate culture, an ongoing effort that informs everything we do. New cyber threats are continually evolving. And so, too, are co-op efforts to fight back.

Co-ops are not vulnerable because we are small. We are targets because we are technologically progressive and because we are member-focused. Keeping the lights on, the air conditioner running, and the electric vehicle and mobile phones charged now requires much more than vigilantly maintaining physical poles and wires. Our shared heritage and community now extends to cyberspace. And just as we have throughout the decades, we will go where we have to and do what we must in order to improve the lives of our members and keep our system strong, resilient and secure.

Don Bowman is chief operating officer at Wake Electric in Wake Forest.



THIS MONTH'S ISSUE:

Our Mountain Region

This month we're spending some time with North Carolina's storied Mountain Region, rounding out this year's regional series (having focused on the Coast in June and Piedmont in August). Wherever you find yourself in NC, rest assured that you're never far from one of North Carolina's electric co-ops, which serve a combined 1 million homes and businesses.

—Scott Gates, editor

Pass the Bacon

The Sticky Pig Twigs recipe (April 2018, page 58 or on carolinacountry.com/recipes) is easy to make, fun and delicious to eat! Thank you for a great recipe.

Elaine, via carolinacountry.com

Editor's Note: Thank you, Elaine! We agree. This month we're doubling down on creative bacon-based confections with a recipe from Lumbee River EMC member Claudyne Brock—run, don't walk, to find it on page 42.

Peculiar Pumpkin

Hi friends—sure did enjoy the peculiar produce pictured in the September issue (page 18). It reminded me of the mini pumpkin that sat on my desk for a couple of months. When Jack-o-lantern time rolled around, it had developed its own little face. No need to decorate!

Jan Mahannah, Connelly Springs, a member of Rutherford EMC

Alligator Appreciation

Reader responses to "Alligators in North Carolina," July 2018, page 10

Excellent article. We should keep in mind that alligators, like all moms, are quite defensive of their young. Best to give them wide berth during mating/hatching season!

Joyce Compton Brown, via carolinacountry.com

Great work! Alligators deserve our respect and protection! They are vital parts of the ecosystems they inhabit!

Angela Flythe Holt, via carolinacountry.com

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Experiencing a power outage?
Please contact your electric co-op directly to ensure prompt service. Visit carolinacountry.com/co-ops to find yours online.

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 1 million homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

Has your address changed?
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Two NC Co-ops Host Kenan Fellows

Real-world STEM applications are being shared with students

Two North Carolina teachers stepped out of the classroom this summer and teamed up with their local electric co-ops, where they learned firsthand what it takes to keep power flowing to their communities.

Kari Cobb, a career technology and STEM teacher at Northside High School in Onslow County, and Daria Fredrick, a career technology teacher at Bragg Street Academy in Lee County, were hosted by Jones-Onslow EMC and Central Electric, respectively, through the Kenan Fellows Program for Teacher Leadership.

The pair were selected to participate in the program through a partnership with their local co-ops, North Carolina Electric Cooperatives and NC State University.

"Kari's excitement and enthusiasm, as well as her exuberant personality, was a great fit for our organization, and we know this will carry over into her classroom as she shares the knowledge she gained this summer with her students," said Jones-Onslow EMC CEO Jeff Clark.

"Central Electric was honored to have hosted Daria with us this summer, and we are very excited about the impact it will have on our local students," said Central Electric General Manager and CEO Morris McClelion. "Her enthusiasm was remarkable from day one, and it will without a doubt carry over into her classroom as she uses the knowledge she gained this summer to positively impact her students."

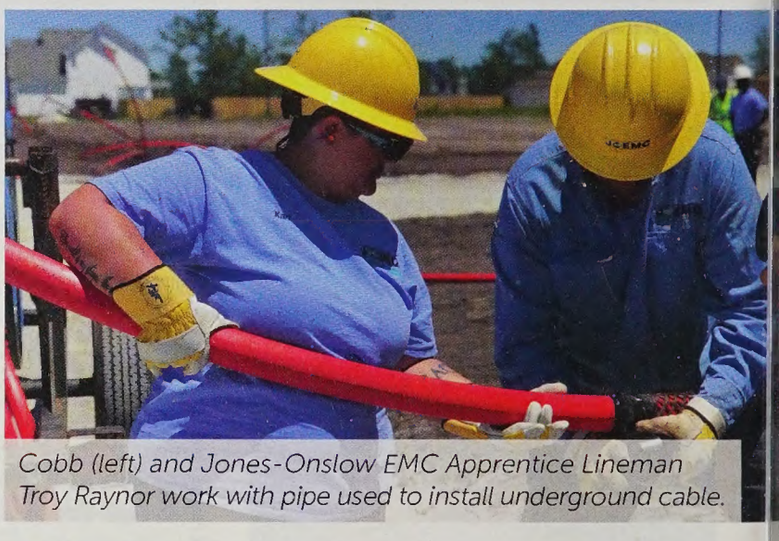
The pair had the opportunity to tour generation resources, including solar photovoltaic farms, a natural gas-fired peaking plant and the Catawba Nuclear Station in York County, South Carolina. They also worked with all departments at the co-op, learning how the co-ops are continually innovating to better serve their members, and seeing how serving members is their top priority. They are now transferring that technical and career opportunity knowledge to local students.

"Thanks to the support of industry leaders, we are able to empower more teachers to ignite students' passion for STEM in more locations across the state," said Dr. Elaine Franklin, director of the Kenan Fellows Program. "Their support also allows us to provide educators with knowledge of local career opportunities available to students, and strengthens collaboration with industry. This is especially important in rural communities."

This is the fifth consecutive year North Carolina's electric co-ops have participated in the Kenan Fellows program. Previous fellows have been hosted by Surry-Yadkin EMC (2014–15), Edgecombe-Martin County EMC (2015–16), Pee Dee Electric (2016–17) and Four County EMC (2017–18). Visit kenanfellows.org for more information about the program.

Fredrick got a taste for linework during her time with Central Electric.

Fredrick (right) and Central Electric General Manager and CEO Morris McClelion walk a community solar site.



Cobb (left) and Jones-Onslow EMC Apprentice Lineman Troy Raynor work with pipe used to install underground cable.

carolinacountry.com/extras
See firsthand how Kenan Fellows are building real-world experiences with electric co-ops.

Co-op Contest Champions Voter Registration Efforts

Share support of #CoopsVote for the chance to win a $100 gift card

Roanoke Electric Cooperative's Advisory Committee used a photo op to plug the new #CoopsVote promotional materials.

Co-op members throughout North Carolina are sharing support of voter registration efforts through the #CoopsVote Social Media Contest, put on by North Carolina's Electric Cooperatives.

Join in by taking a photo with one or more items displaying the Co-ops Vote logo—items are available from your local electric co-op. Post the photo to Facebook, Instagram or Twitter using #coopsvote and #nccoopsvote and tag your local electric cooperative (or mention them if your co-op does not have social media). Make sure the post is public.

In September and October, one $100 Visa Gift Card winner will be selected from one of the eligible social media channels based on the most likes. Winners will also be featured on North Carolina's Electric Cooperatives' Facebook and Twitter profiles.

Co-ops Vote is a non-partisan, national cooperative effort to encourage co-op employees and members to register to vote. More information about the program, registering to vote and the issues affecting electric cooperatives is available at vote.coop.

Contest Rules

To enter, a co-op member must take a picture with one or more Co-ops Vote items with the Co-ops Vote logo prominently displayed and post it to social media using:

- #coopsvote and #nccoopsvote hashtags
- Name of member's cooperative

Other rules

- Duplicate postings will not be counted.
- Social media post must be public.
- To be eligible for each month's drawing, entry must be posted within that month (September–October).
- Cooperative employees are not eligible.
- Odds of receiving $100 Visa Gift Card depend upon number of entries received

Consider a Co-op Career

October is co-op month, and Careers in Energy Week is October 15–19. So for those job seekers out there, what better time to consider a career with an electric cooperative? The search for a purposeful career can begin and end at your local electric co-op, because working toward a greater purpose is at the heart of the cooperative business model.

Why choose a career with an electric co-op?

- Local, community-focused organization
- Dynamic and exciting technical industry
- Competitive wages and retirement security
- Variety of skill sets needed

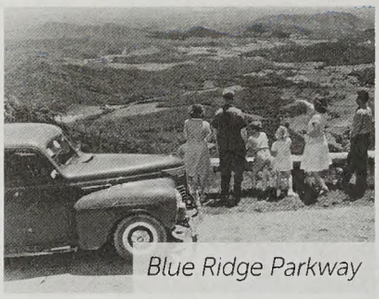
To learn more about a cooperative career, contact your local electric co-op.

GETTING TO KNOW

Western NC

Mountain Region Facts

1 Quite a Parkway



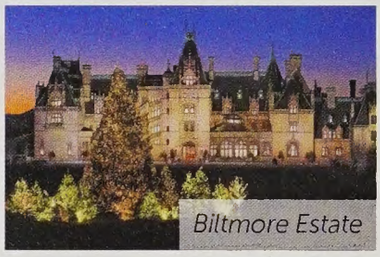
Blue Ridge Parkway

Stretching 469 miles through NC and into Virginia, the Blue Ridge Parkway is America's longest linear park—and an engineering feat. The route was designed to hug the ridgeline as much as possible, making for truly awe-inspiring views but a tough row to hoe for developers. Twenty-six tunnels were cut to make way for the road (25 in North Carolina), which was started in 1933 and finally completed in 1987.

2 The Hills are Alive...

Something about those mountains brings out the creativity in all of us, and several now-famous musicians have called the region home. To name a few: blues guitarist and singer Etta Baker (Caldwell County); banjo pioneer Earl Scruggs (Flint Hill); singer, songwriter and pianist Nina Simone (Tryon); and bluegrass guitarist and singer Doc Watson (near Deep Gap).

3 Fancy Digs



Biltmore Estate

Asheville's opulent Biltmore Estate (biltmore.com) was completed in 1895 by George Washington Vanderbilt II. It remains the largest privately owned house in the United States, with 250 rooms and four acres of interior floor space. Yes, acres. The estate is a popular filming location, and has appeared in numerous movies, including "Patch Adams," "The Last of the Mohicans," "Forrest Gump" and "Being There."

4 Highest Point, Deepest Gorge

Mount Mitchell

More than a mile up, at 6,684 feet, Mount Mitchell's summit stands as the highest point east of the Mississippi. The peak is part of the Black Mountain range, formed 200 to 400 million years ago (the relatively young Rockies formed 40 to 170 million years ago). Northwest of Mount Mitchell is Linville Gorge. Its riverbed is 2,800 feet below the rim in spots, considered the deepest gorge in the Eastern U.S.

Western NC Co-ops

Western North Carolina, defined for our purposes as what's west of I-77, is served by six electric cooperatives that bring power to a combined 364,000 average total consumers. The region's sweeping vistas and vibrant valleys draw millions of visitors every year, but thriving art, recreational and cultural locales keep them coming back (and make locals proud to call it home).

1 Blue Ridge Energy
Headquarters: Lenoir
Members served: 76,000
Miles of line: 8,307

2 EnergyUnited
Headquarters: Statesville
Members served: 126,000
Miles of line: 12,909

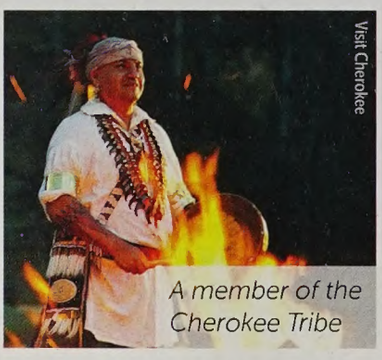
3 French Broad EMC
Headquarters: Marshall
Members served: 38,000
Miles of line: 4,690

4 Haywood EMC
Headquarters: Waynesville
Members served: 27,000
Miles of line: 2,954

5 Rutherford EMC
Headquarters: Forest City
Members served: 69,500
Miles of line: 7,333

6 Surry-Yadkin EMC
Headquarters: Dobson
Members served: 27,000
Miles of line: 4,076

5 Cherokee Homeland



A member of the Cherokee Tribe

The Eastern Band of the Cherokee Nation call territory near Cherokee home. The reservation, officially a land trust, spans parts of Haywood, Jackson and Swain counties, representing a small portion of the tribe's original homeland. Visitors to the region can learn about Cherokee heritage and culture through museums and the outdoor drama, "Unto these Hills."

"I've gotten many compliments on this watch. The craftsmanship is phenomenal and the watch is simply pleasing to the eye."
—M., Irvine, CA

"GET THIS WATCH."
—M., Wheeling, IL

Back in Black: The New Face of Luxury Watches
"...go black. Dark and handsome remains a classic for a reason"
—Men's Journal

I'LL TAKE MINE BLACK...NO SUGAR

In the early 1930s watch manufacturers took a clue from Henry Ford's favorite quote concerning his automobiles, "You can have any color as long as it is black." Black dialed watches became the rage especially with pilots and race drivers. Of course, since the black dial went well with a black tuxedo, the adventurer's black dial watch easily moved from the airplane hangar to dancing at the nightclub. Now, Stauer brings back the "Noire", a design based on an elegant timepiece built in 1936. Black dialed, complex automatics from the 1930s have recently hit new heights at auction. One was sold for in excess of $600,000. We thought that you might like to have an affordable version that will be much more accurate than the original.

27 jewels and hand-assembled parts drive this classic masterpiece.

Basic black with a twist. Not only are the dial, hands and face vintage, but we used a 27-jeweled automatic movement. This is the kind of engineering desired by fine watch collectors worldwide. But since we design this classic movement on state of the art computer-controlled Swiss built machines, the accuracy is excellent. Three interior dials display day, month and date. We have priced the luxurious Stauer ***Noire*** at a price to keep you in the black... only 3 payments of $33. So slip into the back of your black limousine, savor some rich tasting black coffee and look at your wrist knowing that you have some great times on your hands.

An offer that will make you dig out your old tux. The movement of the Stauer ***Noire*** wrist watch carries an extended two year warranty. But first enjoy this handsome timepiece risk-free for 30 days for the extraordinary price of only 3 payments of $33. If you are not thrilled with the quality and rare design, simply send it back for a full refund of the item price. But once you strap on the ***Noire*** you'll want to stay in the black.

Exclusive Offer—Not Available in Stores

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OR 3 credit card payments of $33 + S&P

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Secrets of the Mountains

These destinations offer something new off the beaten path

By Pamela A. Keene

Tourists flock to North Carolina's mountains through all seasons for the scenery, the state parks, recreation opportunities, diverse cuisine, bluegrass music, and stately homes and gardens.

Locals and tourists alike can typically share some go-to options in each of our three mountain regions: Visit the Smoky Mountains and Cherokee region for hiking and waterfalls, golfing in Cashiers, or to learn about the history of the Eastern Band of Cherokee Indians. Asheville and the Foothills are home to Chimney Rock and Lake Lure. North Carolina's High Country boasts spectacular views from Grandfather Mountain, and kids love Tweetsie Railroad in Blowing Rock.

But what about some of those lesser-known secret spots in the mountains of North Carolina? Look closer and you'll discover some hidden gems that reveal history, natural beauty, creativity and living off the land.

Here's a sampling of the hidden treasures that await.

Tale of the forests

Did you know that the North Carolina mountains are the birthplace of forestry? As George W. Vanderbilt developed his nearly 7,000-acre wooded estate near Asheville in the mid-1890s, he brought Germany's Carl A. Schenck to manage the forests. Three years later, Schenck founded the Biltmore Forest School, the nation's first school of forestry to teach forestry management. While the school operated less than a dozen years on the Biltmore Estate, its legacy and heritage are celebrated at the Cradle of Forestry American Heritage Site in the Blue Ridge Mountains.

Visitors to the 6,500-acre destination can navigate three paved interpretive trails and view original structures, among them the one-room schoolhouse, a general store and the antique portable sawmill. The Forest Discovery Center houses interactive exhibits and activities for all ages. The center's helicopter simulator recreates the experience of fighting a wildfire. Nature programs, tours and a nature-based scavenger hunt introduce youngsters to basic concepts of forestry.

Cradle of Forestry in America

Guided trail tour at the Cradle of Forestry

"The Cradle of Forestry tells the hidden story of the Biltmore Legacy and a place where nature and heritage come together," says Devin Gentry, director of programming and partnerships. "It's an opportunity to step back in time, experience the beginnings of environmental stewardship and be inspired about the importance of our forestry and water resources."

The Cradle of Forestry is located near Asheville in the Pisgah National Forest. It is open from mid-April until early November and hosts numerous special events,

Max Patch Mountain on the Appalachian Trail

including Forest Festival Day/ Intercollegiate Woodsmen's Meet on October 6, and "The Legend of Tommy Hodges" outdoor drama on October 19–20.

Visit cradleofforestry.com for more information.

Getting scenic

Panoramic. Stunning. Breathtaking. That's what people say about the 360-degree views from Max Patch on the Appalachian Trail. Located near Hot Springs, this section of the AT in the Pisgah National Forest lures hikers, walkers and families to touch the clouds at an elevation of 4,600 feet. The unique bald mountaintop that was once a pasture draws hikers from around the world.

"Max Patch Mountain is an epic hiking spot," says Dodie Stephens, director of communications with ExploreAsheville. "Whether you're a through hiker or just want to have a day in the mountains, it's an iconic mountain destination."

Two trails wind their way to the summit. "If you take the path straight up, the 'wow' moment at the top is instantaneous," she says. "You can also climb the longer trail around the rim and be tempted by the glimpses of the landscape and the peaks along the way."

Picnicking, kite-flying, taking photos, camping or just enjoying expansive views of the mountain skyline are excellent reasons to experience Max Patch. But there's more.

"A visit to Max Patch gives people a chance to partake in the culture of the AT hikers," Stephens says. "Some are very willing to share stories of their journeys as they cross over this space, and it can give you another perspective. It's definitely an added bonus."

Max Patch Mountain is about an hour's drive from Asheville. Visit romanticasheville.com/max-patch for more information.

Learn something new

Tucked away in the mountains at Brasstown, North Carolina, the John C. Campbell Folk School attracts people from around the world to its week-long and weekend classes. Topics range from lapidary to art, music to writing, gardening to nature studies. Opened in 1925, its mission is to preserve and promote crafts and customs of Appalachia.

The wooded 366-acre campus has nearly two dozen working studios teaching printmaking, blacksmithing, enameling and hot glass, quilting and weaving, taught in one-week

Building upon musical skills at the John C. Campbell Folk School in Brasstown

Emilie Gates Photography

"So many people have never experienced a farm, and [Walnut Hollow] is a learning experience for them, but for those who remember farms from their youth, being here takes them back."

Charlie Kissling raises Black Angus at Walnut Hollow Ranch in Hayesville.

immersive sessions. Students stay in dorms and houses; meals served family style are offered in the school's dining hall. Classes typically have less than a dozen participants in both morning and afternoon sessions. At the end of the week, participants head home with at least one piece that they have created.

"Coming to the John C. Campbell Folk School gives people the opportunity to take a break from their everyday lives," says Keather Gougler, who has been on the staff of the school for 16 years. "We're not just a craft school. By coming here, they often open the door to a new path of discovery, plus they meet about 100 other people from all over the world who are on their own journeys."

In addition to 15 to 20 classes each week, the school offers field trips, contra dancing, a Friday night concert series, community dances and a craft shop. The Folk School Fall Festival, October 6–7, showcases more than 250 artists and craftspeople, craft demonstrations, bluegrass, gospel and folk music, plus pony rides, a petting zoo and kids' activities.

Visit folkschool.org to learn more.

John C. Campbell Folk School in Brasstown

Life on the farm

Connecting people with agriculture and farming has become big business in North Carolina.

"Agritourism is a large part of sustaining farms these days," says Charlie Kissling, who spent years in the food and beverage business in New Jersey, before moving to North Carolina. Seventeen years ago, the draw of farm life brought him to Hayesville, where he now raises premium Black Angus beef at his Walnut Hollow Ranch in Clay County. Visitors to Walnut Hollow have a chance to see farming up close and personal, and to learn what happens at a working cattle ranch.

Kissling shares farming practices with guests as they tour the ranch. Open on Fridays and Saturdays, the Farm Store sells beef raised there.

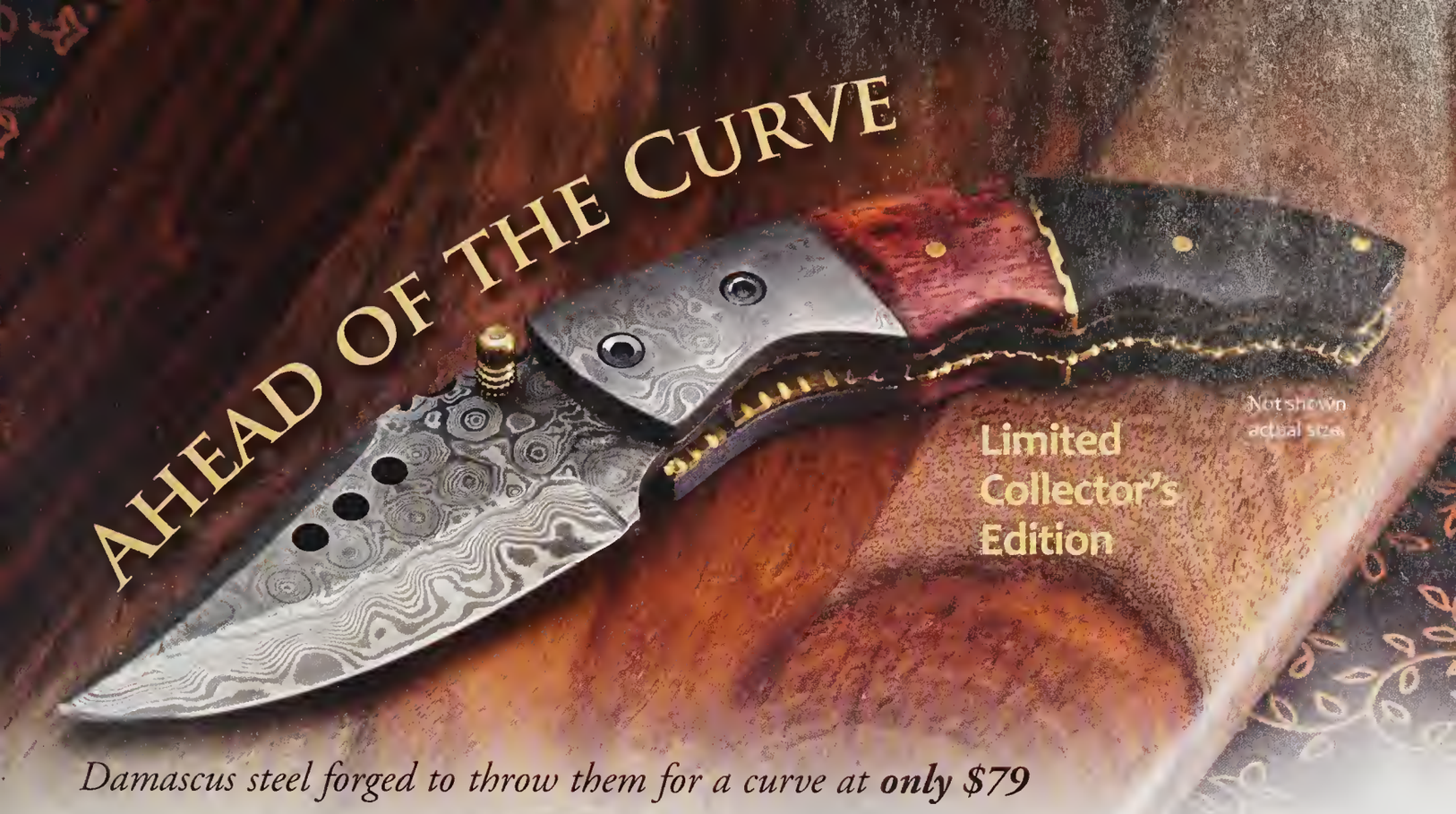
The pastures, ponds and woodlands of Walnut Hollow are the backdrop for catch-and-release bass fishing, swimming, hiking and bird watching. Guests can stay in one of two rental rooms, camp or bring their RVs. The Ranch Room and the Loft Room each sleep four people.

"Walnut Hollow is a great vacation spot and a chance to learn about life on the farm," Kissling says. "So many people have never experienced a farm, and it's a learning experience for them, but for those who remember farms from their youth, being here takes them back."

Visit walnuthollowranch.com for more information.

Pamela A. Keene is a freelance journalist who writes for magazines and newspapers across the Southeast and nationally.

AHEAD OF THE CURVE



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STONE-GROUND GOODNESS

Linney's Mill is a sought-after source of grits and cornmeal

Story and photos by Hannah Miller

Billy and Juanita Linney

The 13-foot waterwheel that runs Linney's Water Mill makes a distinctive thump as it descends toward Rocky Creek, which makes soft gurgling noises as it winds its way through this lightly populated northeast corner of Alexander County.

The noises, carried on a breeze down the shaded creek, are music to the ears of mill proprietors and EnergyUnited members Billy and Juanita Linney. They run the 81-year-old milling operation that takes neighbors' corn and turns it into grits and cornmeal.

"There's been a mill on this site since the 1790s," Billy Linney says. His grandfather, Talmadge (W.T.) Linney, built the present dam and mill in 1936.

Corn meal from Linney's Water Mill lines the shelves

Leah Chester-Davis

A colorful throwback to simpler times, Linney's is thriving, its on-site store bringing in visitors who probably have never heard of Alexander County. They may not even be familiar with stone-ground cornmeal, which retains the nutrient-rich germ, or reproductive part, of the corn and is coarser than that produced by other methods.

But customers like chef/owner Randi Breault of Savor Café and Catering in Charlotte says stone-ground—which Linney's sells as grits, cornmeal and in mixes—is extra flavorful. Linney's grits are on Savor's menu every day, he says.

"We are about using the best quality ingredients."

Besides, he likes visiting Linney's, where a gray cat named Millie sleeps on a chair with a sprung seat and neighborhood notices dot the walls. Shelves are filled with the distinctive red and white paper bags of Linney's products, jellies from the nearby Union Grove Amish community and meals and mixes from the handful of other gristmills in the state.

The two millstones are made of Balfour pink granite from Salisbury and sold by 115-year-old Meadows Mills Inc. of North Wilkesboro. The pair are not on view, but they grind shelled corn in a delicate balancing act. You know you've got that balance right, Linney says, "if you can get the cornmeal where it rolls in your fingers."

"It takes some time to learn that. And to get good at it, it takes about a year," says Linney, 60. He started working for his father, W.C. Linney, when he was a teenager.

Linney's Water Mill
4635 Linney's Mill Road, off N.C. 115 | Linneysmill.com | 704-592-2075

Billy Linney's grandfather bought the 9 x 13-foot wooden wheel from a Union Grove cotton gin

The much-photographed waterwheel, which once ran a cotton gin, does triple duty, cleaning and grinding corn and making electricity that Linney's uses to supplement what it gets from EnergyUnited.

Talmadge Linney started the mill as a hobby in the Depression years; his son, W.C., made it into a business; and Juanita and Billy have expanded it into a five-day-a-week, year-round operation that sells 3,000 to 5,000 pounds of grits and two to three tons of cornmeal weekly. They buy yellow corn locally and white corn from Kentucky and sell in four states.

Customers include distilleries, restaurants, grocery stores, retailers at the Charlotte Regional Farmers Market and elsewhere, telephone customers and visitors to the Union Grove mill/store.

"Linney's cornmeal goes everywhere," says Ross Johnson, a Blue Ridge Energy member from Taylorsville. His Johnson's Milling & Feed processes animal feed, but he'd stopped by one fall day to get some cornmeal fit for human consumption.

Visitors who've come to soak in the laidback atmosphere have included the late Malcolm Forbes, jet-setting publisher of Forbes magazine, brought in by the late Andy Barker, founder of the nearby Western-themed town, Love Valley.

Another was a woman Linney didn't recognize, but then he turned on the TV. "There was that woman on the food channel, cooking my grits."

Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.

Racing to Flossie Johnson's Table

Kathy Virtue

Flossie Johnson, the former wife of NASCAR legend Junior Johnson, is famous in her own right for her cooking and authoring three cookbooks.

She's also a big fan of cornmeal from Linney's Water Mill. And so, she says, are her racing buddies, who "still come to see me and still eat with me. That was one of Darrell Waltrip's (Hall of Fame driver turned racing commentator) favorite things. He likes a good old country supper with cornbread."

For herself, the EnergyUnited member says Linney's stone-ground is her favorite.

"I like it because it's not ground up so fine ... If I just want a cornbread patty, I'll just stir that up, and put me a little oil in the pan and fry me a couple of pieces of cornbread in the frying pan."

Enjoy her cornbread recipe, reprinted from "Flossie's Favorites Too."

Flossie Johnson's Cornbread

- 1 cup of all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon of salt
- 1 cup of milk
- 1 cup of cornmeal
- 4 teaspoons of baking powder
- ¼ cup of oil
- 1 egg

Preheat oven to 425 degrees. Grease 10-inch cast iron skillet with shortening. Mix all ingredients together and pour into skillet. Bake for 20 to 25 minutes.

A Sanctuary for Unwanted Animals

Ann and John Lisk are taking on horses in need

Story and photos by Tina Vasquez

In Glendale Springs, down a long, gravel driveway that feels like it'll never end, is Southern Sun Farm Sanctuary. Surrounded by lush pasture, volunteers come and go, horses graze, and a dog named Raleigh trails Ann and John Lisk, Blue Ridge Energy members and the sanctuary's owners. One would never know this picturesque horse sanctuary started from a place of great pain, or that the animals that find their way here have all but given up.

The Lisks have always loved animals, and much of their lives have been spent in service to them. Ann was on the board of directors of the Humane Society of Greater Miami, where John was executive director. Their daughter, Kasey, had an almost "supernatural" relationship with animals, according to Ann—they flocked to Kasey. She had a knack for finding them when they were most in need.

When Kasey was growing up, the family split its time between Miami and the mountaintop vacation home that would eventually become Southern Sun. In 1996, during one of these family trips, 15-year-old Kasey went on a hike with her beloved Golden Retriever. The dog made a mad dash toward a stream. Unbeknownst to him, it was a 100-foot drop down. Kasey instinctively reached out for him, and they both fell. Beau survived, Kasey did not.

The summer after the couple lost their daughter, Ann said she felt the overwhelming urge to begin riding horses again.

"During the day, it was high heels and sparkly dresses and meetings with funders. At the end of the day, I just needed to decompress," Ann remembers. "I'd put on my jeans and my boots, drive 15 miles west and ride."

Eventually, the couple moved to North Carolina full-time and started on what John described as their "strange and beautiful path." The Lisks informally ran the sanctuary for years before John surprised Ann for her birthday by incorporating the farm into a nonprofit in 2012. The organization only had one real rule: Take the animals no one else wants.

"Kasey's philosophy with animals was that you took the one least likely to get a home anywhere else," Ann says. "We didn't have perfect Christmas card kitties. We had the ugly ones with mange that were skinny and scrawny. So, that's what we do. We take the animals that can't find a home."

This is how the sanctuary comes to acquire animals like Dusty, a retired rodeo horse that arrived at the sanctuary emaciated, the day he was supposed to be put down. Or Molly Mae, a 20-year-old, "three-legged" donkey. She actually has all four of her legs, but one is pitched, permanently raised about six inches from the ground.

"What these animals teach us is that they just don't spend a lot of time feeling sorry for themselves. They just get up and learn to move on," Ann says. "It's a lesson for us all."

There is never a shortage of animals in need. The Animal Legal Defense Fund's 2017 status report ranked North Carolina as 33rd in the nation for its animal cruelty laws. A bulk of the calls John and Ann get about animals aren't the result of malicious abuse, but rather a lack of education about how to properly care for large equines. Currently, the sanctuary cares for 18 animals from 10 counties around the state.

The sanctuary runs solely on volunteer labor, but it desperately needs additional resources. Currently, Southern Sun Farm is fundraising for a nine-stall rescue barn, and the sanctuary needs a tractor—badly. During the winter, John and Ann brave the snow and push 700-pound hay bales off the back of trucks on their own.

"These animals come to us with no expectations of anything," John says. "To be fed normally, vetted, groomed, brushed, these are often the first acts of human kindness they've had in a long, long time."

Tina Vasquez is a journalist currently based in Winston-Salem, where she is a full-time immigration reporter.

Ann & John Lisk with their dog, Raleigh.

Horse pellets brought Dusty back from an emaciated state; missing teeth prevented him from grazing.

Support the Sanctuary

Southern Sun Farm Sanctuary is the only NC horse rescue in the State Employees Combined Campaign (SECC). State employees interested in donating through the SECC can do so using Code 3959. Visit ncsecc.org for more information.

"This work is so rewarding," John says. "We just want to keep doing what we're doing, and the SECC campaign is an enormous opportunity for us. Every little bit helps."

Others can contribute to the Rescue Barn Campaign or the Tractor Fundraiser. Visit southernsunfarm.com for more information.

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Rules

Deadline: November 15, 2018

One entry per household

Digital photos should be a minimum of 1200 by 1800 pixels

Prints a minimum of 4 x 6 inches

Include your name, electric co-op, mailing address and email address or phone number

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

If you did not take the photo you are submitting, please tell us who did and, to the best of your ability, when it was taken so that we can appropriately recognize the person/organization.

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The Smartest 7th Grader on Earth

By Randy Eubanks

My loving father, Furney Eubanks, and me as a child. Plus the famous tobacco harvester clip.

Furney Eubanks, from Trenton, was a Jones-Onslow EMC member for many years. He was a businessman, World War II veteran, and most of all, a loving father, who enjoyed making people's lives easier by inventing things.

Spark of invention

On a Friday morning in late June 1956, three years before I was born, my dad sat on the doorsteps of Long Manufacturing with his invention in a brown paper bag, waiting for the president of the company to drive up in his white Cadillac.

He went inside in hopes of talking to the president about his new tobacco harvester clip. Mr. Long's secretary told my dad that her boss wasn't in and it wouldn't be possible to see him.

"He is a busy man," she said. "Once he's in the office you can forget seeing him. There are appointments scheduled all day."

He went outside and sat on the steps to wait on Mr. Long. Soon, Dad noticed a white Cadillac pulling into the parking lot. He headed toward the vehicle as Mr. Long was parking into his marked parking space, and as soon as Mr. Long got out of the car, my dad approached him. Daddy introduced himself as a farmer and told Mr. Long that he had designed a tobacco harvester clip that was more efficient than the ones they designed and installed on their Long tobacco harvesters.

"Take it out of the bag and show it to me," Mr. Long said.

My dad handed it over, and he looked at it while they were walking toward his office. He told Daddy by looking at his design, he saw the mistake his engineers had made. He asked Daddy to come in. As they walked by his secretary, he told her to cancel all his appointments for the morning.

Over the next four hours, the pair discussed this modern design of the tobacco clip. Mr. Long told Daddy: "Mr. Eubanks, you are two years too late. We are in the process of developing our automatic croppers. Two years sooner on this design, you would have been a rich man. However, I do not want anyone else to have this. I will pay you $500 for it right now and patent it myself. I will give you a job in the company, send you to school, and give you a percentage on all new inventions and redesigns you come up with."

My dad took the $500, but turned down the job and school opportunity. He was a farm boy, and his father was dependent on him to oversee the farm operations; he couldn't just walk away from family. This was Dad's first invention, and he received good compensation for his 30 minutes of effort. This launched his journey of 57 years of inventing and designing items to make our lives easier.

First day in the fields

It was June 28, 1965, and my dad walked into my bedroom and asked me if I wanted to work today picking up leaves behind the tobacco harvester.

I thought I was going through hell. The big tobacco leaves hit me in the face. The smell of tobacco gum on my face and body was nauseating. The leaves were half as tall as I was. The tobacco harvester kept moving down the tobacco rows, and I was struggling walking behind the harvester, trying to keep up and at the same time picking up the leaves that were falling out of the clips (not of my Dad's design). I would put the leaves under my arms, and when I had all the leaves I could tote, I would run up to the moving harvester and drop them in the basket of the croppers, so they could send them back up in the tobacco harvester clips.

Thank God for my dad. While he was riding the tobacco harvester, he tried picking up some of the leaves that fell out of the clips onto the ground. At least my dad had some compassion for his six-year-old son. His compassion ended the next morning when he came into my bedroom at 6 a.m. and said it was time to get up and go pick up more leaves. "I don't want to go," I said.

"The first day is voluntary," he replied. "The second day, mandatory."

I wondered what would happen if my dad had met Mr. Long earlier. My family could have been wealthy, and I wouldn't have had to pick up leaves at 6 a.m. Who knows? I do know this: my dad's invention worked.

Even though his formal education was limited because of work responsibilities on the farm, he owns five U.S. patents. Not bad for a seventh-grade education.

Randy Eubanks is an author and motivational speaker and resides in Jacksonville, NC. His book, "My Dad: The Smartest 7th Grader on Earth," can be ordered at randyeubanks.com.

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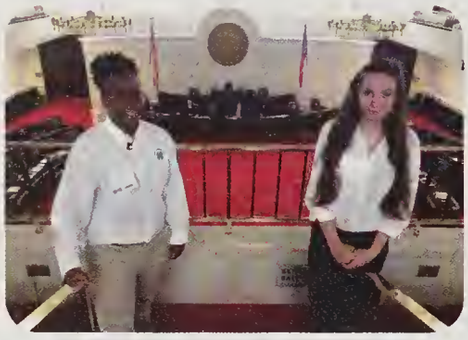

In June, when summer was in full swing, more than 125 4-H'ers and adults representing 47 4-H programs across the state attended **Citizenship North Carolina Focus**. Youth delegates who attend this annual conference are encouraged to develop their leadership and citizenship skills through participation in workshops and group sessions. By gathering to exchange ideas, delegates gain knowledge and learn through hands on experiences about the importance of being an active and engaged citizen. This was reflected through this year's conference theme of Raise Your Voice, Raise Your Community.

Delegates who attend also have the opportunity to hear dynamic speakers that encourage and promote youth advocacy and youth voice. Attendees learn about North Carolina state government and the North Carolina General Assembly by participating in a mock General Assembly session. The three-day conference includes a visit to the North Carolina General Assembly, where delegates have a chance to meet and talk with their elected officials. Delegates who attend the conference also have a chance to give back and serve while visiting and working with a variety of service sites across Wake County.

4-H Citizenship North Carolina Focus is sponsored by North Carolina's Electric Cooperatives. North Carolina 4-H is Cooperative Extension's youth development program.

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Bath Time Benefits

Fun in the tub nurtures a baby's development

From bath to bedtime, there are a number of rituals parents participate in with their children that bring them closer together. These small acts provide a sense of security to little ones and serve as family bonding time. However, many parents do not realize these everyday moments can be more impactful than they seem.

Getty Images

Many parents already know that bath time is some of the best quality time they get with their child, yet many parents underestimate its power. Emerging and foundational research reveals multi-sensorial experiences such as bath time can be critical to baby's happy, healthy development.

During the first three years of life, 85 percent of baby's brain is formed. Researchers have found that during the formative first years of life, every interaction—every moment—is an opportunity to help shape baby's developing brain.

Bath time is more than cleansing; it's a ritual that allows parents to unlock the full power of baby's senses with opportunities to use smell, touch, sight and sound. Make bath time mean more with these fun ideas:

1 Don't leave out the bubbles
Playing with bubbles can help babies develop hand-eye coordination and discover objects exist even when they can't be seen.

2 Be a rock star for the night
Play music and sing songs during bath time to stimulate parts of the brain responsible for memory, as well as those parts that deal with visual imagery.

3 Give a language lesson in the tub
Talk back and forth with baby during this time. It can help with language development.

4 Link smell with happy memories
Pleasant smells, like those from a fragranced bath product, can create long lasting memories for baby when paired with the loving interaction of a parent.

5 Turn up the volume
No, we don't mean the music. Bring plastic containers into the bathtub and encourage your little one to pour water into them, to teach about capacity and volume.

6 Let them color their (wet) world
Give your child paint or crayons made specifically for the bath.

Another big part of the after-bath routine is routine massage, and research shows that babies who receive routine touch and massage are more likely to make eye contact and have an overall positive expression. Yet, according to Johnson's Global Bath Time Report, nearly three in 10 parents (28 percent) believe baby massages are not at all important for their child's brain development. Studies have also showed that skin-on-skin contact through routine massage can lead to improved cognitive development and increased attentiveness for children.

Remember to think of the bath time routine as more than a simple task. It fosters development and can create a sense of well-being for baby and parents, alike.

—FamilyFeatures.com

Getty Images

Preventing Cancer

These 10 steps can help reduce risk

Nearly four out of 10 Americans will be diagnosed with cancer in their lifetimes, and it remains the second-leading cause of death for Americans. Research shows that diet, activity levels and weight play a critical role in cancer prevention.

"Making changes in what you eat, being physically active and maintaining a healthy weight have strong and clear links to your risk for cancer," says Alice Bender, MS, RDN and director of nutrition programs at American Institute for Cancer Research. "We know from decades of research and a thorough review of the science that there are simple things we can all do to reduce our risk."

To live a cancer-preventive lifestyle, consider taking these 10 steps recommended by the institute:

- Be a healthy weight. Higher body fat can be a cause of many cancers. Try to stay at a healthy weight and avoid weight gain as you get older.
- Be physically active. Incorporate moderate physical activity into your daily life through steps like walking more and sitting less.
- Eat a diet rich in whole grains, veggies, fruits and beans. Make these foods a major part of your diet.
- Limit consumption of "fast foods" and other processed foods high in fat, starches or sugars. Cut down on processed foods to help control calorie intake and maintain a healthy weight.
- Limit consumption of red and processed meat. Eat no more than three portions of red meat per week, and little—if any—processed meat.
- Limit consumption of sugar-sweetened drinks. Don't drink sugar-sweetened drinks, which contribute to weight gain. Choose water instead, when possible.
- Limit alcohol consumption. For preventing cancer, it's best not to drink alcohol.
- Do not use supplements for cancer prevention. Aim to meet nutritional needs through diet alone.
- For mothers, breastfeed your baby, if you can. Breastfeeding is good for both mother and baby.
- Refraining from smoking, avoiding other exposure to tobacco and limiting sun exposure are also important in reducing cancer risk.

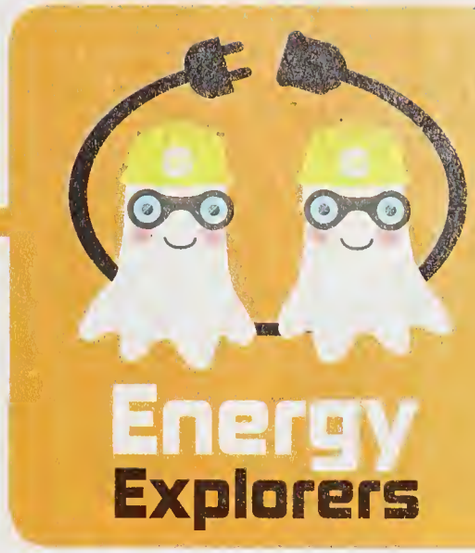
After a cancer diagnosis, follow these recommendations, if you can. Cancer survivors are encouraged to continue following these guidelines.

—FamilyFeatures.com

Online lifestyle test

Cancer Health Check is a free, online tool that shows people how their lifestyle stacks up against known cancer risks and recommends changes that can improve health. Its lifestyle test takes roughly 5 minutes (you'll need to provide your email). You can take the test at aicr.org.

Energy Vampire Word Search



Are energy vampires lurking in your home? Energy vampires are appliances and electronics that consume energy even when they aren't being used.

Circle all potential energy vampires in the word search below.

T	R	H	P	D	C	Y	A	T	M	Y	T	Q	B	V
E	W	M	E	P	H	C	Z	I	R	S	Y	D	G	R
L	M	C	S	C	U	T	C	G	R	B	H	A	E	O
E	A	X	O	A	G	R	F	S	M	E	L	G	I	I
V	C	K	F	F	O	K	V	Y	U	F	R	X	H	E
I	X	B	Y	W	F	S	L	Z	A	A	E	J	L	C
S	Q	O	A	Z	X	E	F	Q	H	T	K	X	J	P
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S	C	M	R	O	O	B	G	A	L	K	P	Q	Y	U
J	W	S	M	H	Q	M	A	W	W	Z	E	B	H	N
M	E	J	P	F	X	A	X	C	R	P	B	R	V	F
N	Z	I	D	M	R	E	Y	A	L	P	D	V	D	X
K	S	R	V	I	B	K	I	R	R	F	P	H	U	Y

Word Bank

- GAME CONSOLE
- COFFEE MAKER
- PHONE CHARGER
- CABLE BOX
- MICROWAVE
- DVD PLAYER
- TELEVISION

To save energy, unplug these items when they are not in use or use a power strip to turn items off.

For answers: carolinacountry.com/octoberwordsearch

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Can-Do Meals

Pull from your 'cantry' on busy nights

During the school year, the real test for parents is not in the classroom, but in the kitchen. Between breakfast, lunch and dinner—not to mention snacks—meal planning seems endless and daunting.

Yet a pantry well-stocked with canned goods (let's call it your "cantry") can be full of proteins, fruits, vegetables and soups that can help parents make creative, wholesome meals.

Overall, freshly picked, non-processed vegetables and fruits are best. But it's important to note that nutrients and vitamins in fresh fruits and vegetables can degrade in the time it takes for the fresh produce to be shipped from the farm to your supermarket (a good reason to buy local). Even then, it often sits on shelves or in storage for days before it finally reaches your shopping cart.

Like canned foods, frozen food can be very nutritious, but disadvantages include the need for thawing. Canned goods provide quick, year-round access to seasonal fruits and vegetables, often without the need for preservatives and additives. They also help cut down on prep time in the kitchen. For additional recipes, visit cansgetyoucooking.com.

—FamilyFeatures.com

Beef and Vegetable Soup

- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 can (14½-ounce) low-sodium beef broth
- 1 can (14½-ounce) sliced carrots, drained
- 1 can (14½-ounce) cut green beans
- 1 can (14½-ounce) stewed tomatoes
- 1 teaspoon dried basil
- 1 cup cooked egg noodles

In 4-quart saucepan over medium-high heat, in hot oil, cook ground beef until well browned on all sides, stirring frequently. With slotted spoon, remove beef to bowl.

In the drippings remaining in saucepan, over medium heat, cook onion and garlic until tender-crisp.

Add beef broth, carrots, green beans, stewed tomatoes, basil and ground beef; over high heat, heat to boiling. Reduce heat to low; cover and simmer 10–15 minutes to blend flavors, stirring occasionally.

Stir in cooked egg noodles.

Yield: 6 servings

Tuna Sliders with Green Chilies

- 1 can (5-ounce) tuna, packed in water, drained and flaked
- 1 can (4.25-ounce) chopped green chilies
- ¼ cup diced celery
- ¼ cup diced red onion
- ¼ cup reduced-fat mayonnaise
- 2 tablespoons chopped fresh cilantro or parsley
- 6 slider rolls, split
- Lettuce leaves

In large bowl, combine tuna, green chilies, celery, red onion, mayonnaise and chopped cilantro; toss to mix well.

Top bottom half of each roll with lettuce leaves; top with some tuna mixture and top half of roll.

Yield: 12 servings

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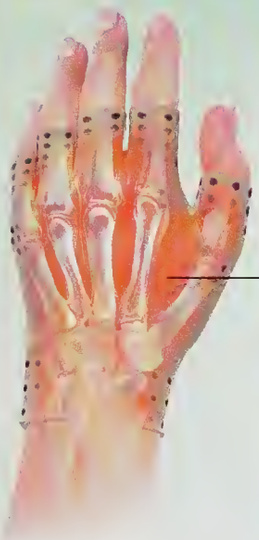

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TOTAL	$

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Tar Heel Tidbits

For the young (and young at heart)

Minglewood Farm & Nature Preserve

Mingle with Nature

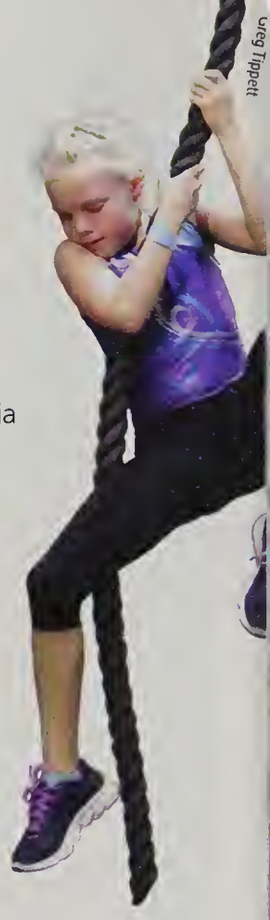
Put down that cellphone and step away from your computer, now! Because field trip opportunities are available year-round at Minglewood Farm & Nature Preserve, a 65-acre experiential learning facility in Westfield. Minglewood's mission is to lure people away from the digital world, and it's focused on sustainable food production and environmental stewardship.

Owners Margie and Bill Imus are now in their fourth year of operating the nonprofit. They farm roughly seven to eight acres, including space for greenhouses and woody ornamentals. An environmental educator helps them align student visits with the curriculums for Surry, Stokes and Forsyth county schools.

In addition to school trips, the farm welcomes groups of adults, such as garden clubs, retirees and church groups. All visits are by appointment; scheduled events require advance registration. They include workshops for adults and children and on-farm suppers on select Saturdays and Sundays. A guest chef prepares a four-course meal, served outdoors.

To learn more or arrange a visit, call 336-351-2945 or visit minglewoodpreserve.org.

NC Ninja Warriors



Greg Tippett

Do you have what it takes to beat obstacles seen on the hit TV series "American Ninja Warrior?" Find out at Level Up, a 10,000 square-foot indoor facility filled with challenges either designed and based off the TV show or created by owner/coach Chad Hohn, who competed in three seasons of ANW. The unique facility in Thomasville offers activities for beginning and advanced ninjas, including a bouldering climbing wall and inflatable obstacle course bounce house. Level Up also hosts classes and birthday parties.

Open daily except Mondays, hours and pricing vary. For more information, call 336-781-6512 or visit levelupfitnessnc.com.

Halloween Daze, Spoooooky Knights

Carolina Renaissance Festival

Doth thou wish for a fun, safe place for trickery and treats? Get thee to the Carolina Renaissance Festival, a medieval amusement park and artisan marketplace. Young masters and maidens can find free treats throughout its 25-acre village on Saturday and Sunday, October 27 and 28. There's also a treasure hunt and a costume contest with prizes. In addition, a full day of regular Festival entertainment is complemented by zombie jousting challenges.

For the Halloween weekend, admission is free for kids (12 and under). Adult tickets are $24 when purchased in advance at Harris Teeter stores, $1 higher at the gate. Event parking is free.

The regular festival is held on consecutive weekends, Saturdays and Sundays, September 29 through November 18, at its permanent fairgrounds at 16445 Poplar Tent Road in Huntersville. To learn more, call 704-896-5555 or visit carolina.renfestinfo.com.

Funny Bunny Breakfast

Kick-start your child's morning with a protein-packed breakfast. This one provides roughly 18 grams of high-quality protein when served with an 8-ounce glass of fat-free milk. For additional kid-friendly recipes, visit milklife.com.

Bunny Oatmeal

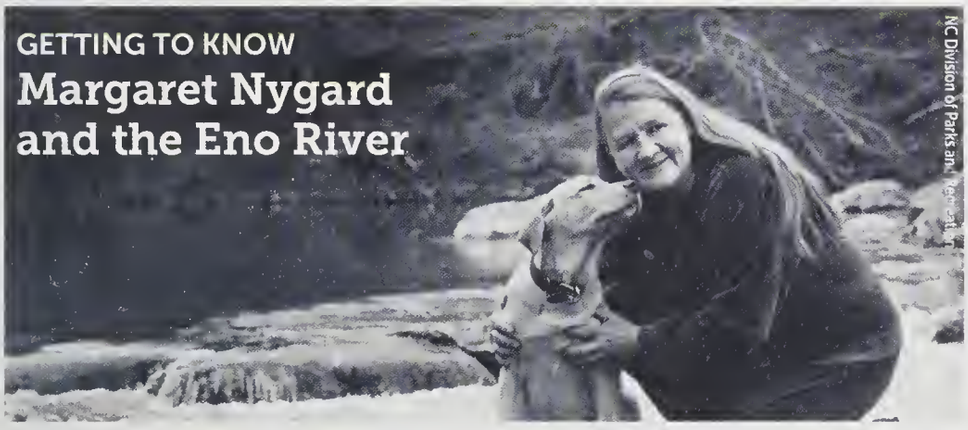
- ⅓ cup instant oats
- ¾ cup fat free milk
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla
- 1 teaspoon brown sugar
- ⅔ of a small banana
- 2 fresh blueberries
- ½ of a small strawberry
- Chocolate syrup

In a microwave-safe bowl, stir together oats, milk, cinnamon, vanilla and brown sugar. Microwave on high for 30 seconds to 1 minute and stir.

Cut banana in half. From one half, cut two thick coin slices and place them in the upper third of the oatmeal bowl, side by side, to make the eyes. Top each with one blueberry. Slice the other half lengthwise and place to create the ears.

Use the strawberry to make the nose, and then drizzle chocolate, if desired, to make a mouth and whiskers.

Yield: 1 serving



GETTING TO KNOW

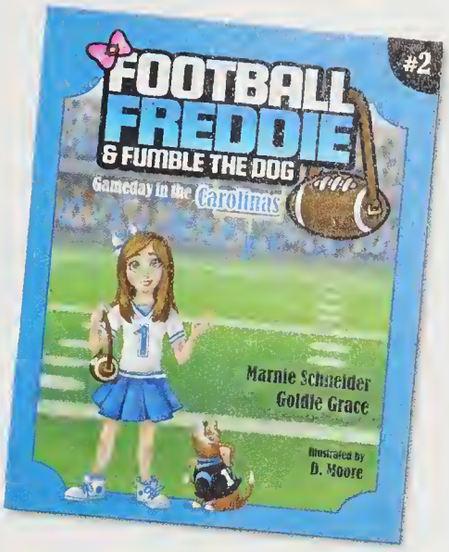
Margaret Nygard and the Eno River

NC Division of Parks and Recreation

On August 16, 1966, a group led by activist Margaret Nygard voiced opposition at a Durham City Council meeting to a plan that would dam the nearby Eno River. Nygard, a local English teacher and social worker, and other concerned citizens formed the Association for the Preservation of the Eno River Valley (now known as the Eno River Association). The association worked with local government and the state to save the area's natural resources. The idea for a state park was born and an initial donation of 90 acres from a local farm was made. In 1975, the state, with help from the Nature Conservancy, opened Eno River State Park with more than one thousand acres.

Thanks to continued stewardship, the park now boasts more than 4,500 acres. Eno River State Park is in Durham and Orange counties. To learn more about the park, call 919-383-1686 or visit ncparks.gov/eno-river-state-park.

carolinacountry.com/extras
Sing along to Park Superintendent Keith Nealson's whimsical ode to the Eno River.



A GOOD READ

Gameday in the Carolinas

Cheerful football fan Fredericka ("Freddie" for short), her rescue dog Fumble, and their friend Mary are traveling to Charlotte to cheer the Panthers on. Mary loves sightseeing as much as they do, and shows them highlights of the Carolinas along the way. They have a picnic at Myrtle Beach, tour the North Carolina Museum of Natural Sciences' dinosaur exhibit, enjoy the Cape Hatteras Lighthouse, and stop to thank service members at Fort Bragwg, before ending up in the Queen City.

The book was written by Mooresville's Marnie Schneider and her teenage daughter, Goldie Grace. A portion of book sales proceeds will go to USOs in North and South Carolina and local animal shelters. To learn about the authors or to order the book (hardcover, 20 pages, $14.95) go to visitfootballfreddie.com.

Have a laugh!

Q: Why did the clock in the cafeteria run slow?

A: It always went back four seconds.

Where in Carolina Country is this?

Send your answer by Saturday, Oct. 6, with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our November issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

September winner

The September Where Is This photo by Rita B. Storie features the "Old Rock House" located near the top of Rich Mountain off Howard's Creek Road and Junaluska Road near Boone in Watauga County. Many readers have fond memories of this now-abandoned home. Morris Penley's grandfather lived in the house for a bit, where as a kid Morris would listen to Doc Watson play music. Jan Penley said her great-grandparents Billy and Susie Ragan lived in the original bigger house sometime in the early 1800s before it burned down, leaving just the small rock house. The house is built out of native stones from the area. The winning entry chosen at random from all correct submissions came from Patricia Jenkins of Boone, a Blue Ridge Energy member.

CAROLINA COUNTRY scenes

photo of the month

Water "Fall"

This local waterfall in Mill Spring, NC, is located in a private golf community. The fall colors served as the perfect backdrop to the pretty cascades of water.

Dwayne McDowell, Mill Spring, A member of Rutherford EMC

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2018 photo contest ("Carolina Country Scenes," January 2018). See even more Photos of the Week on our website carolinacountry.com.

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RAPID PUMP® 1.5 TON LIGHTWEIGHT ALUMINUM FLOOR JACK

- 3-1/2 pumps lifts most vehicles
- Lifts from 3-1/2" to 14-1/8"
- Weighs 34 lbs.

Customer Rating ★★★★★

NOW $59.99

~~$79.99~~

COMPARE TO K TOOL $125.68 MODEL: KT163094 | SAVE $65

ITEM 68053/62160 62496/62516 60569 shown

57495000

LIMIT 3 - Coupon valid through 1/29/19*

U.S. GENERAL SERIES 2 — SUPER COUPON

30" BULK STORAGE TECH CART

- 4847 cu. in. of storage
- 355 lb. capacity

NOW $84.99

~~$89.99~~

NEW

Customer Rating ★★★★★

COMPARE TO SNAP-ON $395 MODEL: UBRCF1TPC | SAVE $310

Side tray sold separately.

ITEM 64002

57561735

LIMIT 4 - Coupon valid through 1/29/19*

SUPER COUPON

FREE WITH ANY PURCHASE

CENTECH

7 FUNCTION DIGITAL MULTIMETER

COMPARE TO PROSKIT $16.72 MODEL: MT-1210

- 3.5" LCD Display
- Battery Included

ITEM 63604/63758 98025/69096/63759/90899 shown

57494490

Cannot be used with other discounts or prior purchases. Original coupon must be presented. Valid through 1/29/19 while supplies last. Limit 1 FREE GIFT per customer per day.

SUPER COUPON

20% OFF ANY SINGLE ITEM*

57484523

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, safes, saw mills, storage cabinets, chests or carts, welders, Admiral, Ames, Bauer, Cobra, CoverPro, Daytona, Earthquake, Fischer, Hercules, Icon, Jupiter, Lynx, Pauluhn, Predator, Tailgator, Viking, Vulcan, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 1/29/19.

HARDY — SUPER COUPON

MECHANIC'S GLOVES

Customer Rating ★★★★★

NOW $3.99

~~$5.99~~

COMPARE TO VALEO $11.02 MODEL: 25521 | SAVE 63%

ITEM 62434, 62426, 62433, 64178, 64179, 62432, 62429, 62428 shown

57497124

LIMIT 9 - Coupon valid through 1/29/19*

CENTRAL PNEUMATIC — SUPER COUPON

3 GALLON, 100 PSI OIL-FREE AIR COMPRESSORS

A. HOT DOG ITEM 69269/97080 shown

B. PANCAKE ITEM 60637/61615 95275 shown

- Air delivery: 0.6 CFM @ 90 PSI, 1 CFM @ 40 PSI

Customer Rating ★★★★★

YOUR CHOICE $39.99

COMPARE TO PORTER-CABLE $98.62 MODEL: PCFP02003 | SAVE 59%

~~$54.99~~

57500747

LIMIT 5 - Coupon valid through 1/29/19*

SUPER COUPON

Customer Rating ★★★★½

7 FT. 4" x 9 FT. 6" ALL PURPOSE/WEATHER RESISTANT TARP

NOW $2.99

~~$4.99~~

COMPARE TO BLUE HAWK $9.98 MODEL: BG8X10-Y | SAVE 70%

ITEM 69249/69115/69137/69129/69121/877 shown

57505193

LIMIT 8 - Coupon valid through 1/29/19*

BADLAND Battle Tested — SUPER COUPON

2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL

- Weighs 14.3 lbs.
- 11-1/8" L x 4-1/2" H

Customer Rating ★★★★

Voted Best Winches

NOW $49.99

~~$69.99~~

COMPARE TO SUPERWINCH $189.99 MODEL: 1125220 | SAVE $140

ITEM 61840/61297/63476/61258 shown

57505868

LIMIT 4 - Coupon valid through 1/29/19*

COVERPRO — SUPER COUPON

10 FT. x 10 FT. PORTABLE SHED

Customer Rating ★★★★½

NOW $139.99

ITEM 63297

COMPARE TO SHELTER LOGIC $236.89 MODEL: 70333 | SAVE $96

~~$159.99~~

57519200

LIMIT 3 - Coupon valid through 1/29/19*

CHICAGO ELECTRIC POWER TOOLS — SUPER COUPON

12" DOUBLE-BEVEL SLIDING COMPOUND MITER SAW

Customer Rating ★★★★★

- Laser guide

NOW $129.99

~~$179.99~~

COMPARE TO RYOBI $249 MODEL: TSS120L | SAVE $119

Blade sold separately.

ITEM 69684/61970/61969 shown

57523694

LIMIT 5 - Coupon valid through 1/29/19*

WARRIOR — SUPER COUPON

29 PIECE TITANIUM DRILL BIT SET

Customer Rating ★★★★½

NOW $9.99

~~$17.99~~

COMPARE TO DEWALT $64.99 MODEL: DW1369 | SAVE 84%

ITEM 62281 61637 shown

57523804

LIMIT 8 - Coupon valid through 1/29/19*

drill master — SUPER COUPON

80 PIECE ROTARY TOOL KIT

Customer Rating ★★★½

NOW $6.99

~~$9.99~~

COMPARE TO PROFESSIONAL WOODWORKER $26.35 MODEL: 51832 | SAVE 73%

ITEM 63292/63235/68986/97626 shown

57538768

LIMIT 7 - Coupon valid through 1/29/19*

drill master — SUPER COUPON

1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)

Customer Rating ★★★★½

NOW $8.99

~~$14.99~~

SAVE 67%

COMPARE TO BLACK & DECKER $28.06 MODEL: HG1300

ITEM 62340/62546 63104/96289 shown

57543236

LIMIT 9 - Coupon valid through 1/29/19*

PITTSBURGH — SUPER COUPON

CLICK-TYPE TORQUE WRENCHES

- Reversible

Customer Rating ★★★★½

Item 239 shown

LIFETIME WARRANTY

DRIVE	ITEM
1/4"	2696/61277/63881
3/8"	807/61276/63880
1/2"	62431/239/63882

YOUR CHOICE $9.99

COMPARE TO HUSKY $84.97 MODEL: H20TWA | SAVE 88%

~~$19.99~~

57544613

LIMIT 7 - Coupon valid through 1/29/19*

HaulMaster — SUPER COUPON

- 1000 lb. capacity

18" x 12" MOVER'S DOLLY

Customer Rating ★★★★★

NOW $7.99

~~$10.99~~

COMPARE TO BUFFALO TOOLS $17.65 MODEL: HDFDOLLY | SAVE 54%

ITEM 61899/63095/63096 63098/63097/93888 shown

57549629

LIMIT 8 - Coupon valid through 1/29/19*

CENTECH — SUPER COUPON

2/10/50 AMP, 12 VOLT BATTERY CHARGER/ ENGINE STARTER

Customer Rating ★★★★

NOW $29.99

~~$44.99~~

SAVE 50%

COMPARE TO SCHUMACHER ELECTRIC $59.99 MODEL: SE-1250

ITEM 60581 60653 shown

57551164

LIMIT 5 - Coupon valid through 1/29/19*

PREDATOR — SUPER COUPON

6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINE

Customer Rating ★★★★★

NOW $99.99

~~$119.99~~

COMPARE TO HONDA $329.99 MODEL: GX200UT2QX2 | SAVE $230

ITEM 60363/69730

ITEM 69727 shown CALIFORNIA ONLY

57553539

LIMIT 5 - Coupon valid through 1/29/19*

SUPER COUPON

SOLAR ROPE LIGHT

- Great outdoor accent lighting
- Super bright light

Customer Rating ★★★★

NOW $8.99

~~$12.99~~

SAVE 70%

COMPARE TO HAMPTON BAY $29.97 MODEL: 82056-055SR

ITEM 62533/63941/64625/68353 shown

57554561

LIMIT 8 - Coupon valid through 1/29/19*

EARTHQUAKE — SUPER COUPON

1/2" HEAVY DUTY COMPOSITE PRO AIR IMPACT WRENCH

- Weighs 5 lbs.

Customer Rating ★★★★½

ITEM 62835

NOW $89.99

~~$114.99~~

950 FT. LBS. TORQUE BOLT BREAKAWAY | SAVE $160

COMPARE TO CHICAGO PNEUMATIC $249.99 MODEL: CP7749

57557812

LIMIT 4 - Coupon valid through 1/29/19*

CENTRAL MACHINERY — SUPER COUPON

4" x 36" BELT/ 6" DISC SANDER

Customer Rating ★★★★

NOW $59.99

~~$74.99~~

SAVE $59

COMPARE TO RYOBI $119 MODEL: BD4801G

ITEM 64778/62502/97181 shown

57557939

LIMIT 5 - Coupon valid through 1/29/19*

*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 1/29/19.

At Harbor Freight Tools, the "Compare to" price means that the specified comparison, which is an item with the same or similar function, was advertised for sale at or above the "Compare to" price by another national retailer in the U.S. within the past 90 days. Prices advertised by others may vary by location. No other meaning of "Compare to" should be implied. For more information, go to Harbor-Freight.com or see store associate.

October events

Woolly Worm Festival
Oct. 20–21, Banner Elk

MOUNTAINS

To See Clearly
Art in the Hall series
Oct. 1–Nov. 26, Morganton
828-438-5362
morgantonnc.gov

Dream Home Tour
Range of home styles
Oct. 5, Burnsville
828-766-1233
bit.ly/yancey-co-dream-home

Gaston Gem & Mineral Show
Raffles, working sluice
Oct. 5–7, Dallas
704-608-7179
gastongemclub.weebly.com

Chicks with Hits
Country music
Oct. 6, Franklin
866-273-4615
greatmountainmusic.com

Harvest Happening
BBQ, crafts
Oct. 6, Morganton
980-241-5786

The Knob & The Bonk
Two races
Oct. 6, Boone
828-262-6889
triplecrown.appstate.edu/knob

Art in the Park
Food, crafts
Oct. 6, Blowing Rock
828-295-7851
blowingrock.com

Juried Watercolor Exhibition
Oct. 7–Nov. 17, West Jefferson
336-846-3827
florenceartschool.org

Chamber Orchestra
Day, evening performances
Oct. 11, Sparta
336-372-5473
authenticallyalleghany.com

High Country Quilt Guild Show
Displays, boutiques
Oct. 11–13, Maggie Valley
828-246-0557
highcountryquilters.wordpress.com

Carolina Colors Quilt Show
Vendors, raffles
Oct. 12–13, Forest City
828-625-9203
rutherfordquiltguildinc.org

Plein Air Painting
Demo by Shawn Kruger
Oct. 12–13, Asheville
828-253-7651
grovewood.com

Deathtrap
Suspenseful comedy
Oct. 12–28, Brevard
828-884-2587
thebrevardlittletheatre.org

Mountain Glory Festival
Arts, kids events
Oct. 13, Marion
828-652-2215
mtngloryfestival.com

The Willis Clan
Brothers, sisters perform
Oct. 13, Franklin
866-273-4615
greatmountainmusic.com

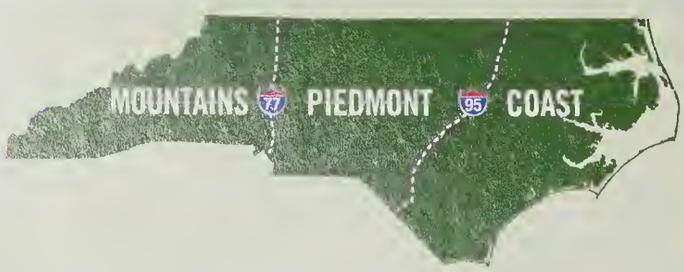
Festival of the Frescoes
Bakery, kids activities
Oct. 13, Glendale Springs
336-982-3076
dlworsham@skybest.com

Notorious Jumping Frog of Calaveras County
Mark Twain's tale
Oct. 19–20, Franklin
866-273-4615
greatmountainmusic.com

Fall Arts & Crafts Show
Food, live demos
Oct. 20–21, Maggie Valley
828-926-1686
maggievalley.org

Valle Country Fair
Festive fundraiser
Oct. 20, Banner Elk
828-963-4609
vallecountryfair.org

carolinacountry.com/calendar
See more events online with photos, descriptions, maps and directions.



Listing Deadlines:
For Dec.: Oct. 25
For Jan.: Nov. 25

Submit Listings Online:
carolinacountry.com/calendar
(No email or U.S. Mail.)

Valle Country Fair
Oct. 20, Banner Elk

Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

Woolly Worm Festival
Caterpillar races
Oct. 20–21, Banner Elk
828-898-5605
bannerelk.com

PIEDMONT

Fashion Illustrations
By Kenneth Paul Block
Oct 1–20, Graham
336-222-8497
alamancearts.org

Autumn Fest
Live music, pony rides
Oct. 6, Mebane
336-212-0551
downtownmebane.com

Sideline Bluegrass
Oct. 6, Roxboro
336-597-1709
personcounty.net

Glass Pumpkin Patch
Hand-blown creations
Oct. 6, Star
910-428-9001
starworksnc.org

Kiln Opening & Turkey Roast
Oct. 6–7, Robbins
910-464-6228
facebook.com/fromthegrounduppottery

Hops & Harmony Fest
Craft brews, bands
Oct. 6, Statesville
704-878-3436
downtownstatesvillenc.org

Octoberfest
Vendors, live music
Oct. 6, Siler City
919-356-7926
oasisopenairmarket.com

Fall Festival
Bazaar, live music
Oct. 6–7, Asheboro
336-629-0399
asheborofallfestival.com

Colonial Living Week
Costumes, demos
Oct. 8–12, Burlington
336-516-7709
alamancebattleground.org

Executive Women's Day
Lunch, keynote speaker
Oct. 9, Cary
919-815-7010
saschampionship.com

NC State Fair
Oct. 11– 21, Raleigh
919-821-7400
ncstatefair.org

SAS Championship
Races of various levels
Oct. 12–14, Cary
919-815-7010
saschampionship.com

Cotton Ginning Days
Engine shows, fair rides
Oct. 12–14, Dallas
704-922-2164
gastongov.com

NASCAR Day Festival
Games, vintage cars
Oct. 13, Randleman
336-495-1100
christine.fattorusso@heartofnorthcarolina.com

5 Mile Yard Sale
Old, new items
Oct. 13, Carthage
910-638-9006

Steers & Cheers
Oct. 14, Prospect Hill
336-322-2104
bit.ly/steers-cheers-2018

American Remembers
Guild quilt show
Oct. 19–20, Mooresville
704-724-9667
mcqg.wordpress.com

Triangle Oktoberfest
Oct. 19–20, Cary
800-514-3849
triangleoktoberfest.org

Carolina BalloonFest
Ballooning, Kids Zone, live entertainment
Oct. 19–21, Statesville
carolinaballoonfest.com

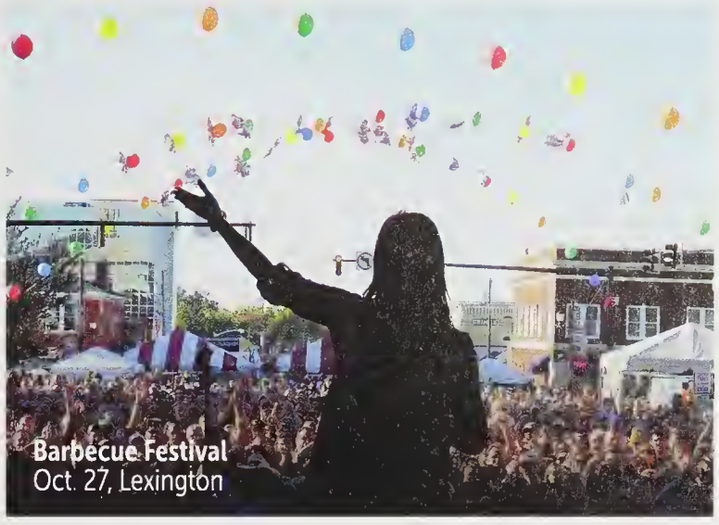
River of Yesteryear
Colonial living demos
Oct. 20, Louisburg
riverofyesteryear.com

Pickin' in the Pines
Bluegrass, BBQ benefit
Oct. 20, Ellerbe
910-995-3945
millstone4hcamp.com

Artoberfest
Arts, costumes
Oct. 20, Siler City
919-356-7926
ncartsincubator.com

Harvest House Tour
Oct. 20–21, Mebane
919-563-5054

Guild Art Extravaganza
Demos, refreshments
Oct. 20–21, Haw River
919-932-0942
alamanceartisans.com



Barbecue Festival
Oct. 27, Lexington

Boo-tanical
Hands-on crafts
Oct. 26–28, Fayetteville
910-486-0221
capefearbg.org

Barbecue Festival
Racing pigs, car show
Oct. 27, Lexington
336-956-1880
barbecuefestival.com

Bluegrass at its Best
Two national acts
Oct. 27, Troy
704-985-6987
bluegrassintroy.com

Dark in the Park
Halloween festivities
Oct. 27, Burlington
336-222-5030
btowneventsnc.com

Studios Tour Preview
Oct. 26, Hillsborough
919-732-5001
hillsboroughgallery.com

Annual BBQ & Auction
Oct. 27, Troy
910-572-3314
janiceg_shaw@hotmail.com

COAST

World Communion Service
Global community affirmation
Oct. 3, Mount Olive
919-440-6030
cwilliamson@umo.edu

King Mackerel Tournament
U.S. Open
Oct. 4–6, Southport
910-457-5787
usopenkmt.com

Ol' Front Porch Music Festival
Oct. 5–7, Oriental
336-408-4993
olfrontporchmusicfestival.org

Art in the Arboretum
Live music, food trucks
Oct. 5–7, Wilmington
910-798-7660
nhcarboretum.org

U.S. Field Target Nationals
Air gun competition
Oct. 5–7, Pleasant Hill
910-622-7632
thagc.com

Sunset at Sunset
Vendors, Kid's Korner
Oct. 6, Sunset Beach
910-579-6297
ncbrunswick.com

Alzheimer's Walk
Includes education fair
Oct. 6, Washington
252-944-3446
dementianc.org

Peanut Festival & Battle of the Bands
Parade, military reenactors
Oct. 6, Edenton
252-482-0300
visitedenton.com

All-Star Choir Festival
Select area students perform
Oct. 12, Mount Olive
919-440-6030
cwellinger@umo.edu

Historic Ghost Walk
Home tours, history
Oct. 12–13, Elizabeth City
252-333-1792
echna.org

Taste of Wayne County
Food, beverage festival
Oct. 13, Goldsboro
919-735-3591
unitedwayne.org

MumFest
Rides, street performers
Oct. 12–14, New Bern
252-638-5781
mumfest.com

MumFest
Oct. 12–14, New Bern

350 Years of Haunts
Tales at new venues
Oct. 19–20, Edenton
252-482-3400
win.dale@edenton.nc.gov

Photography Exhibit
Oct. 19–Nov. 13, Hertford
252-426-3041
perquimansarts.org

Old School Sorghum Festival
Vintage tractors, rope-making
Oct. 20, Roseboro
910-564-5069
jamjr@intrstar.net

Oyster Festival
Shag contest, shopping
Oct. 20–21, Ocean Isle Beach
910-754-6644
ncbrunswick.com

There are more than 250 farmers markets in North Carolina. For one near you, visit bit.ly/NCfarmmarkets.

Los Valientes
Chamber music theatre production
Oct. 22, Mount Olive
919-440-6030
cwellinger@umo.edu

New York Polyphony
Recital series
Oct. 25, Mount Olive
919-440-6030
cwellinger@umo.edu

Not Fade Away
Tribute to Buddy Holly
Oct. 25, Washington
252-974-2076
gobcca.org

Kruger Brothers
Fresh bluegrass, folk
Oct. 26, Oriental
252-617-2125
pamlicomusic.org

John Lawson Legacy Days
Demos, cannon firings
Oct. 26–27, Grifton
252-714-5924
griftonmuseum@gmail.com

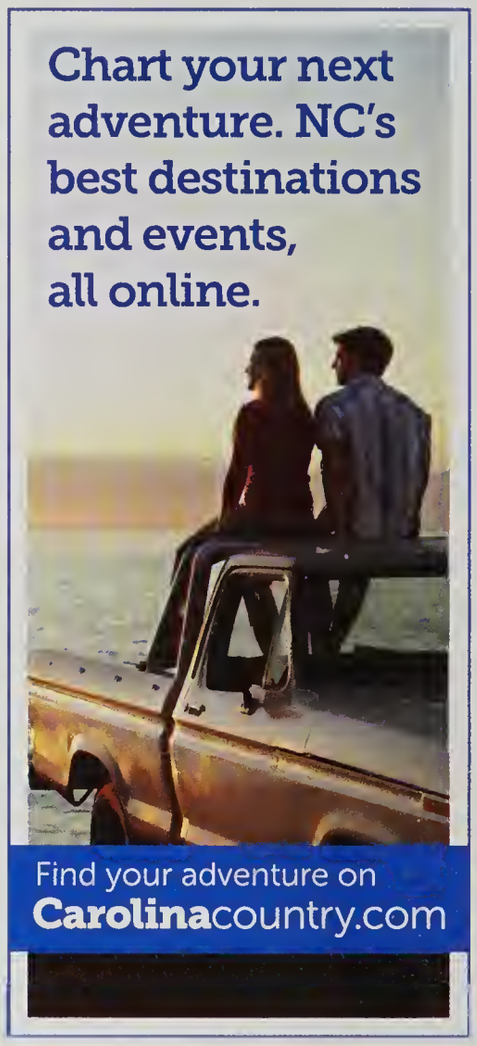
Chili Cook-Off
Benefit for theater
Oct. 27, Oriental
252-571-5883
oldtheater.org

Early Bird Holiday Bazaar
Crafts, BBQ sandwiches
Oct. 27, Morehead City
910-356-6164
rphelps@ec.rr.com

Oktoberfest
Vendors, Bavarian fare
Oct. 27, Calabash
910-616-6113
hphillip@atmc.net

Dismal Day
Scavenger hunt, boat rides
Oct. 27, South Mills
252-771-6593
bit.ly/dismal-swamp-state-park

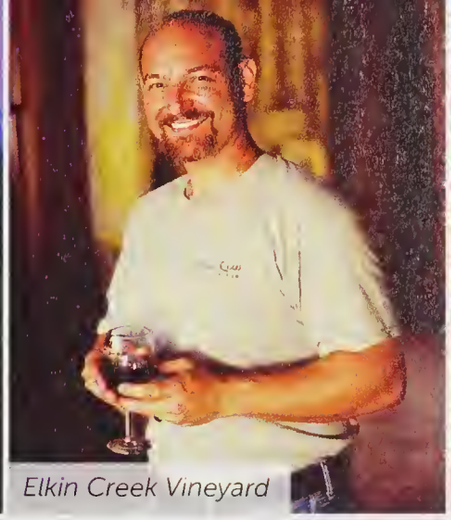
Festival by the Sea
Horseshoes, sandcastles
Oct. 27–28, Holden Beach
910-842-3828
admin@pineapple-pr.com



CAROLINA COUNTRY

adventures

Shelton Vineyards



Elkin Creek Vineyard

Stony Knoll Vineyards

Photos by Sam Dean Photography

Finding Local Flavors at Yadkin Valley Wineries

Surry County Wine Trail winds through a rich viticultural area

Fall colors will be on display this fall throughout western North Carolina. Just west of the Blue Ridge Parkway, visitors can enjoy the view along a wine-tasting trail that meanders through much of North Carolina's Yadkin Valley wine country.

The Surry County Wine Trail highlights 15 wineries in and around Surry County, along with five breweries and distilleries. An available trail map simplifies the experience of spending a day or two tasting wines and touring vineyards.

The map provides a geographical overview of the tasting rooms listed, devices, phone numbers and websites for all stops on the trail. The trail brochure details the varieties of grapes grown in the Yadkin Valley, along with information about lodging in wine country and a listing of annual events.

The wineries appreciate the trail maps as well, and offer them to visitors who may not know about the brochure.

"Maybe people came to see us because of a recommendation from one of our neighbors, and then we'll recommend another neighbor," says Tim Wahl, winemaker and co-owner of Adagio Vineyards in Elkin. "That's other states, where there can be an hour between wineries. People really like to visit three or four within a day."

Wahl likes the fact that visitors receive an up close and personal experience while visiting wineries in Surry County. "The personal stories behind the wineries are interesting," Wahl says. "We try to be there in person to give them a tour of the production facility and go through, step by step, how we make the wines and let them know why our wineries are unique."

Getting on the Wine Trail

The Surry County Wine Trail flows in and around the towns of Dobson, Elkin, Mount Airy and Pilot Mountain. It is easily accessible via Interstate 77, Interstate 74, U.S. Hwy. 421, U.S. Hwy. 52 and a number of state and secondary routes.

To request a free map by mail, or to download a copy, visit YadkinValleyNC.com. For more information, call the Surry County Visitors Center at 800-948-0949.

Wineries Along the Trail

Adagio Vineyards, Elkin
adagiovineyards.com

Carolina Heritage Vineyard & Winery, Elkin
carolinaheritagevineyards.com

Elkin Creek Vineyard and Winery, Elkin
elkincreekvineyard.com

Grassy Creek Vineyard & Winery, State Road
grassycreekvineyard.com

Herrera Vineyards, Dobson
herreravineyards.com

Hutton Vineyards, Dobson
huttonvineyards.com

JOLO Winery & Vineyards, Pilot Mountain
jolovineyards.com

Jones von Drehle Vineyards & Winery, Thurmond
jonesvondrehle.com

McRitchie Winery & Ciderworks, Thurmond
mcritchiewine.com

Old North State Winery, Mt. Airy
oldnorthstatewinery.com

Round Peak Vineyards, Mt. Airy
roundpeak.com

Shelton Vineyards, Dobson
sheltonvineyards.com

Skull Camp Wines Tasting Room, Elkin
skullcampbrewing.com

Slightly Askew Winery, Elkin
slightlyaskewwines.com

Stony Knoll Vineyards, Dobson
stonyknollvineyards.com

Surry Cellars*
Surry Community College, Dobson
surry.edu

** Tours by appointment only Tuesday through Friday when Surry Community College is open. Call to book tour at least one week in advance at (336) 386-3468 or (336) 386-3384.*

For full details about each stop along the trail, plus a list of breweries and distilleries, visit carolinacountry.com.

Viticulture Milestone

This year marks a 15-year milestone for the Yadkin Valley. It became North Carolina's first federally designated American Viticultural Area in 2003 thanks to the efforts of owners Charlie and Ed Shelton of Shelton Vineyards in Surry County (viticulture is the cultivation of grapevines).

The Little Daffodils

Story and photos by L.A. Jackson

When it comes to bold and bodacious, miniature daffodils are never tagged with such attributes, but this doesn't mean they can't make a big impact in your garden. Coming in at less than a foot tall, these bulbous plants feature tiny flower cups—so small you can't even fit your pinkie in one! These fall-planted beauties bring a special charm to the spring landscape that is tough to beat.

Sure, such diminutive daffies are dwarfed by full-sized daffodils, but what they lack in size, they make up for in numbers. The bulbs of miniature daffodils are champs at producing bunches of bud stalks, meaning a higher concentration of blossoms. With proper placement, this resulting boost in flower power can translate into a pleasant, uninterrupted sweep of blooming color in a garden.

Another plus for these petite pretties is that, since they don't grow as tall as typical daffodils, they are less likely to be beaten down into a flattened mess by the first hard spring rain. This lack of height also works to the advantage of a casual gardener when miniature daffodils are interplanted with summer perennials such as phlox, hostas, liatris or Solomon's seal. In late spring, their short stems and foliage will turn yellow and droop, but this will be hidden by the up-and-coming, warm-weather shoots and leaves, meaning little cleanup is needed.

In a sunny, well-draining spot, miniature daffodils will not only be yearly spring showoffs, but they can also naturalize and begin to spread. And since they could suffer in soggy soil, potting up these pretty plants is certainly an option for gardeners who either have limited growing space or don't want to get down on all fours to be up close and personal with these tiny dancers.

As far as available cultivars go, there are plenty, and many are fairly easy to find locally and (certainly) online. I have enjoyed a swath of common "Jetfire" in my front yard for many years, and it has yet to show signs of garden fatigue. The popular "Tete-a-Tete"—probably the poster child for miniature daffodils—gleams with light yellow petals surrounding golden yellow cups. "Sun Disk" and "Little Gem" also have a look similar to "Tete-a-Tete."

A lighter presence in the spring garden can be had with frequent favorite "Minnow," which blushes with white outer petals embracing faint yellow centers. And for paler pleasure, try the almost pure white "Snow Baby."

L.A. Jackson is the former editor of Carolina Gardener magazine. Contact L.A. at lajackson1@gmail.com.

A garden waterfall at the NC State Fair

Garden To-Do's for October

Having fun is what gardening is all about, but if you sometimes add a cupful of unusual and maybe a dash of nutty to your landscape scheme, well, it makes working outside with plants just that much more enjoyable. Need ideas? One place to find a good concentration of quirky this month is at the NC State Fair's Flower and Garden Show in Raleigh, where you will see plenty of pretty plants melding with many playful ideas. The fair runs October 11 through 21.

- ☐ Pansies! October is an ideal planting month for these persistent winter pretties. Scratching in a little time-release fertilizer around the plants as they are set in the ground will boost their flower production through the coldest of seasons in the garden, as will deadheading blooms past their prime.
- ☐ Landscape to conserve energy? You bet, especially if you plant evergreen trees and shrubs on the northern and northwestern sides of your house to help deflect heat-robbing effects of the coldest winter winds, which usually blow in from a northerly direction.

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Tips to Stay Comfortable this Winter

By Pat Keegan and Brad Thiessen

When we talk about comfort in our homes, we usually think about where the thermostat is set. But there's more to the picture than just the indoor temperature.

Work with radiant heat

An important piece of the comfort puzzle is radiant heat, which transfers heat from a warm surface to a colder one. A person sitting in a room that's 70 degrees can still feel chilly if there's a cold surface nearby, like a single-pane window, a hardwood floor or an exterior wall. Covering these cold surfaces can help. Try using area rugs, wall quilts or tapestries, bookcases and heavy curtains to help prevent heat loss and make your home feel more comfortable. Keep in mind, radiant heat can really work in your favor. A dark-colored tile floor that receives several hours of direct sun can retain heat during the day and radiate it into the room during the evening.

Keep air out

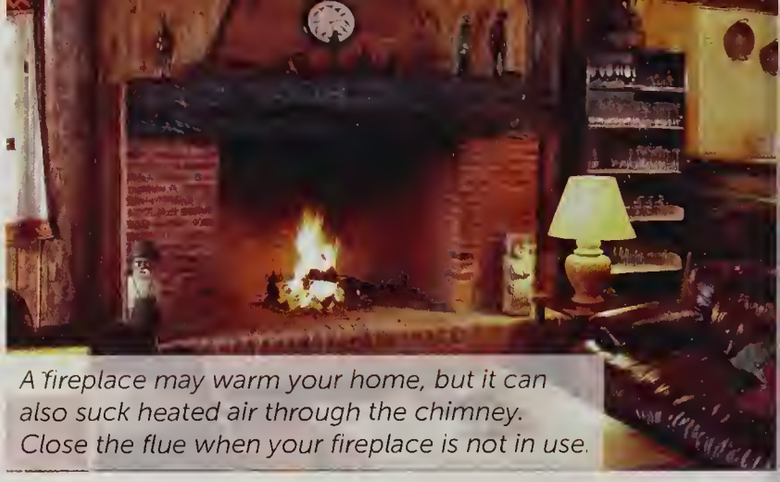
Another possible cause of discomfort during the winter is air movement. We recognize this when weather forecasts report chill factor, which is a calculation of air temperature and wind speed.

Moving air makes us feel colder, which is why we use fans in the summer. But during the winter, cold, outdoor air can infiltrate our homes.

On average, a typical home loses about half its air every hour, and that amount can increase when outdoor temperatures are extremely cold and the wind is blowing. In this case, the best way to keep your home toasty is to minimize air leaks. You can easily locate air leaks in your home with a blower door test, which is typically conducted by an energy auditor. These are some of the most common spots air leaks occur:

Start the season with a furnace inspection conducted by a professional.

NREL.gov



A fireplace may warm your home, but it can also suck heated air through the chimney. Close the flue when your fireplace is not in use.

- Penetrations and cracks around windows and doors
- Exterior cracks in brickwork and siding
- Plumbing and wiring penetrations from the exterior to the interior of the home
- Mail slots or pet doors

A variety of products like caulk, weather stripping, outlet cover gaskets and dryer vent covers can be used to seal these leaks.

A fireplace can also be a major source of air leakage. If you don't use the fireplace, you can seal the opening or install an inflatable chimney balloon. Before using the fireplace, consider this: unless you have a high-efficiency insert, your fireplace will suck heated air from the room out through the chimney. Always close the fireplace flue when it's not in use.

Maintain a healthy heating system

Your pursuit of comfort should also include a careful look at your home's heating system. Is it distributing heat evenly and efficiently? Forced-air systems distribute air through supply ducts and registers. Small rooms may only have one register, but large rooms could have several. You may find some supply registers are blowing copious amounts of warm air and others little at all.

Ideally, every room should have return air registers. If you see possible shortcomings with your forced-air system, enlist the help of a certified contractor who really knows how to improve ductwork.

Ensure your furnace is running at peak efficiency by scheduling an annual inspection. Check your filter monthly and replace or clean it as necessary. If you heat your home with radiators, bleed them at the beginning of the season so they flow more efficiently.

Beyond that, you can always warm yourself by wearing heavier clothing, doing some light exercise throughout the day, and snuggling under a blanket or with a pet (or lucky loved one).

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. Visit carolinacountry.com/your-energy for more ideas on energy efficiency.

ADVERTISEMENT

Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health

by David Waxman
Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results…

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems… even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened… Not only were all the issues I had with my stomach gone - completely gone – but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion… soothe aching joints… reduce the appearance of wrinkles and help restore hair and nails … manage cholesterol and oxidative stress… and improve sleep and brain function… without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

- **Helps End Digestion Nightmares**
- **Helps Calm Painful Inflammation**
- **Soothes Stiff & Aching Joints**
- **Reduces appearance of Wrinkles & Increases Elasticity**
- **Manages Cholesterol & Oxidative Stress**
- **Supports Healthy Immune System**
- **Improves Sleep & Brain Function**

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for the next 48-hours only. All you have to do is call **TOLL-FREE 1-800-771-3664** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.

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Prepare for Cold Weather

Making the most of your heat pump when temperatures drop

By Hannah McKenzie

Q: I am dreading the cost of heating my home this winter since my electric bills surge when the outdoor temperature drops. Can I lower my bill and still keep my family comfortably warm?

A: Most households in North Carolina rely on heat pumps for their primary winter heat and (like you) are shocked by bills from the coldest winter months. Fortunately, there are a variety of ways to spend less on heating this winter.

Routine maintenance is the number one way to keep a heat pump running efficiently and for as long as possible.

- Keep shrubs at least two feet from the outside unit.
- Change the air filter monthly or per the manufacturer's specifications.
- Make sure the refrigerant lines exposed to outdoor temperatures are wrapped with foam insulation.
- Hire a heating and cooling company to service the heat pump every fall.

Cultivating habits with your household costs nothing. It may take a while to instill new habits, but remind yourself that the bottom line is your wallet.

- The fan setting on the thermostat should be set to "auto," not "on."
- Check that windows—including storm windows—and exterior doors are latched shut. Don't leave the front door standing open and expect the storm door to keep heated air inside your house. It won't.
- Manage the thermostat by either leaving the temperature the same all the time (at the coldest temperature you can tolerate) or setting a programmable thermostat to adjust temperatures depending on when you are home.

The goal is to avoid using the heat pump's emergency heat strips, a form of electric resistance heat similar to elements in an electric range. They are meant to be used only when a heat pump alone cannot warm your home to the set temperature, which typically occurs when outdoor temperatures drop below 40 degrees Fahrenheit. They also sometimes turn on when the thermostat is raised more than two degrees in heating mode. Because heat strips use at least three times more electricity than your heat pump's compressor, it's wise to take a "set it and forget it" approach to thermostat operation during winter. A properly programmed smart thermostat can also reduce unnecessary heat strip operation.

Some heat pumps have an outdoor thermostat that prevents the heat strips from coming on when outdoor temperatures are high enough for the heat pump to warm the house. This allows families to make big adjustments to their thermostats without worrying about the heat strips.

Home improvements such as duct sealing or sealing cracks and holes that let in outside air are another approach. Years ago, I went outside to admire the snow on my home, and was surprised that the neighbors had inches of snow on their roofs, but I had none. A trip to the attic revealed that the air ducts (the flexible pipes that the air travels through) were not actually connected to the ceiling. All the heat was just blowing into my attic and melting the snow! Attaching and sealing the ducts dropped my winter bills dramatically. While this is an extreme example, it's worth checking that ducts are connected so you can enjoy the heat.

Paying winter bills can be a challenge for many families. Ask your electric co-op about an in-home energy audit, retrofit incentives and equal payment plans. Alternatively, look for bill payment assistance from your co-op, community churches or community development organizations. For families with the means to pay their bills, consider contributing monthly to local organizations that help others stay warm this winter. Sharing what we can pays us back tenfold.

Hannah McKenzie is a building science consultant for Advanced Energy in Raleigh.

Advertisement

Eliminate Belly Fat with Vinegar!

Find Out How...

by James Victor

If you want to lose weight and keep it off -- hate dieting and are tired of taking pills, buying costly diet foods or gimmick "fast loss" plans that don't work-- ***you'll love the easy Vinegar way to lose all the pounds you want to lose. And keep them off!***

Today, the natural Vinegar weight loss plan is a reality after years of research by noted vinegar authority Emily Thacker. Her just published book "Emily's Vinegar Diet Book" will help you attain your ideal weight the healthiest and most enjoyable way ever.

You'll never again have to count calories. Or go hungry. Or go to expensive diet salons. Or buy pills, drugs.

If you like food and hate dieting, you'll love losing weight the Vinegar way.

Suddenly your body will be energized with new vigor and zest as you combine nature's most powerful, nutritional foods with vinegar to trim away pounds and look years younger.

You'll feel and look years younger shedding unhealthy pounds that make one look older than their age.

In fact, the book's program is so complete that it also helps you:

- Learn secrets of ageless beauty and glowing skin
- Help build the immune system, to fight arthritis and disease
- Speed the metabolism to use natural thermogenesis to burn fat

PLUS so much more that you simply must use the book's easy Vinegar way to lose all the weight you want to lose-- and enjoy all its other benefits-- before deciding if you want to keep it.

TO ORDER A COPY

of ***Emily's Vinegar Diet Book*** see Savings Coupon with Free Gift Offer

Hydrogen Peroxide Can Heal WHAT?

by James Victor

Hydrogen peroxide is trusted by every hospital and emergency room in the country for its ability to kill deadly germs like E. coli and the swine flu virus. In fact, it has attracted so much interest from doctors that over 6000 articles about it have appeared in scientific publications around the world.

Research has discovered that hydrogen peroxide enables your immune system to function properly and fight infection and disease. Doctors have found it can shrink tumors and treat **allergies, Alzheimer's, asthma, clogged arteries, diabetes, digestive problems and migraines.**

Smart consumers nationwide are also discovering there are hundreds of health cures and home remedy uses for hydrogen peroxide. A new book called *The Magic of Hydrogen Peroxide* is now available that tells you exactly how to use hydrogen peroxide by itself... and mixed with simple everyday kitchen items... to make liniments, rubs, lotions, soaks and tonics that treat a wide variety of ailments.

It contains tested and proven health cures that do everything from relieving **chronic pain** to making **age spots** go away. You'll be amazed to see how a little hydrogen peroxide mixed with ordinary kitchen items can: **• Relieve arthritis, rheumatism & fibromyalgia • Treat athlete's foot, foot and nail fungus • Clear up allergies and sinus problems • Soothe sore throats, fight colds and flu • Help heal boils and skin infections • Whiten teeth without spending a fortune • Destroy dental bacteria and heal gingivitis • Help heal cold sores, canker sores • Relieve insect bites and stings • Soothe sore feet, soothe muscle aches • Help minor wounds and cuts heal faster • Clear up acne, rashes and yeast infections**

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• Kill germs on kitchen surfaces and utensils • Make a powerful scouring powder that works wonders on sinks, refrigerators and ovens • Disinfect coffee makers, tea pots and blenders • Sanitize wood cutting boards and spoons • Make wood floors, grout and linoleum gleam • Kill bacteria on fruits, vegetables and meats • Clean toilets, tubs, showers • Clean and disinfect pet stains • Remove mold and mildew • Remove wine, ink and blood stains • Boost laundry detergents • Clean windows & mirrors • Rid pets of parasites • Make plants flourish

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Vinegar is like a Drugstore in a Bottle

by James Victor

Thousands of years ago ancient healers trusted apple cider vinegar, and modern research shows - ***vinegar truly is a wonder cure!***

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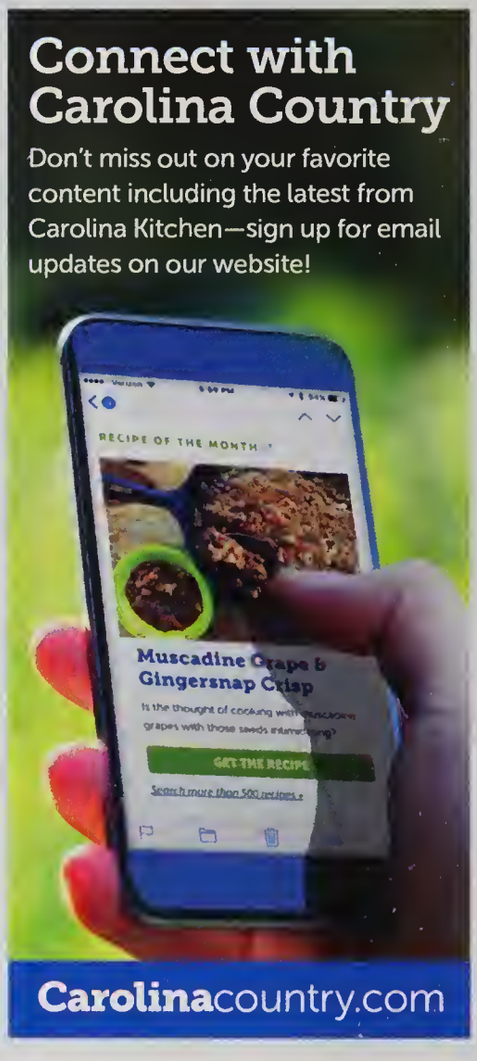
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Rotisserie Chicken Pot Pie Soup

With Cornbread "Croutons"

This simple, kid-friendly soup is fast to throw together...and gluten-free if you use a flour-free cornbread and make sure your chicken doesn't use any gluten-based seasonings.

- 4 tablespoons butter
- 1 large sweet potato, cut in ½" cubes
- 1 large onion, diced
- 2 stalks celery, diced
- 1 (16-ounce) bag frozen mixed vegetables, thawed*
- 2 tablespoons cornstarch
- 2 cups chicken broth
- 1 (12-ounce) can evaporated milk
- Meat from boned and skinned rotisserie chicken
- 2 teaspoons poultry seasoning
- 1 teaspoon dried thyme
- 1½ teaspoons each salt and pepper
- Pan of baked cornbread, cubed (use gluten-free, if desired)

Melt butter in heavy skillet over medium-high heat. Add potato, onion and celery. Toss with butter and sauté about 5 minutes until tender.

Stir in mixed vegetables and cook 4–5 minutes until green beans are tender. Add cornstarch and toss to coat. Cook 2 minutes. Whisk in broth and milk. Heat until slightly thickened. Remove from heat and add chicken and seasonings. If too thick, add a bit more broth.

Ladle into bowls and top with cornbread "croutons."

Yield: about 6 cups

**Corn, peas, carrots, green beans mix*

Muscadine Grape & Gingersnap Crisp

Is the thought of cooking with muscadine grapes with those seeds intimidating? It used to be for me, but once I jumped in and made this, the tasty rewards got me quickly past that! The earthy rich depth-of-flavor and aroma from these "natives of the south" is like no other.

- 6 cups muscadine grapes
- 1¼ cups sugar*
- ½ cup all-purpose flour

Crumb topping

- 20 small gingersnap cookies
- 1 cup all-purpose flour
- ½ teaspoon apple pie spice
- Pinch sea salt
- 3 tablespoons brown sugar
- 3 tablespoons white sugar
- 1 stick cold butter, cut into small pieces

Preheat oven to 350 degrees.

Over bowl (to capture juices), cut grapes in half with scissors and push seeds out with thumb. Drop grape halves

(hull and pulp) into bowl with juice. Stir in sugar and flour. Mix well and pour into baking dish (best in 9" square baking dish or 12" cast iron skillet).

With your hands, break cookies and put pieces into food processor. Mix in all other toppings but butter. Add butter and pulse in spurts until incorporated and mixture is roughly crumbled. Scatter crumbs over grape mixture.

Bake 30 to 40 minutes until hot and bubbly. Baking time will vary a bit depending on depth of baking dish.

Yield: 8 servings

**Reduce sugar if the grapes are extra ripe.*

Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurist and blogger, who chats about goodness around NC on her blog at WendysHomeEconomics.com.

From Your Kitchen

Candied Bacon

- 1 pound thick-sliced Applewood bacon
- 2 cups brown sugar
- 1 cup crushed pecans
- 2 teaspoons maple syrup
- 1 teaspoon cayenne pepper
- 1 teaspoon cracked black pepper
- ½ teaspoon salt (I use Kosher)

Preheat oven to 325 degrees.

Mix all ingredients together except bacon. Cut each bacon strip into 3 sections and roll or pat in dry mixture. On a baking sheet lined with aluminum foil, place bacon pieces close together. Sprinkle extra sugar mixture over top of bacon.

Bake for approximately 30 minutes. Check to see if bacon is browned (ovens vary so it may need to cook longer). Don't let burn!

Take bacon out of oven and transfer to a clean cloth or lightly greased sheet of aluminum foil. (Do not use a paper towel, as it will stick.) Enjoy!

Recipe courtesy of Claudyne Brock, Raeford, a member of Lumbee River EMC

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